

COACH'S GUIDE FOR NETSETGO

Woolworths 



# Set Session Plans

## 11 - 20

7 - 8 YEARS



Woolworths NetSetGO is Netball Australia's entry level program. It teaches children the basic skills of netball.

It gives children aged 5 to 10 a positive introduction to netball, through skill-based activities, minor games, music, dance and modified matches.

The program promotes a healthy, active lifestyle and helps children develop important social skills, like team work.

With three tiers Net, Set and GO, the program is designed especially for children to transition into junior netball with confidence.

The program is easy to run and gives clubs and associations the chance to recruit new players and volunteers.



# NetSetGO

# net

**Tier 1 - Recommended age 5 - 6 years**

**Focus:** Learning and Acquisition of Fundamental Motor Skills

**Delivery:** Participants are introduced to a number of fundamental motor and netball skills in a netball environment. The activities are simple, require limited equipment and allow for maximum participation and repetition. Participants will experience fun and success by participating in age and developmentally appropriate activities and minor games that foster cooperation, teamwork and the ability to listen to and follow directions.



**Tier 3 - Recommended age 9 - 10 years**

**Focus:** Netball Specific Skill Development

**Delivery:** The participant is introduced to more netball-specific skills as well as refining their fundamental movement skills. This is a period of accelerated development of coordination and fine motor control. It is also a time when children enjoy practicing skills they learn and seeing their own improvement. NetSetGO modified match rules are adapted at this level to provide a smooth transition into junior netball (adult rules) whilst ensuring the participants are achieving success. Modified equipment (size 4 ball and 2.4m goal post) is still an important adaptation for this tier as it allows for correct technique to be executed with greater proficiency. Competitive elements (like scoring) may be introduced however the focus should not be on winning. All participants should be provided with equal court time and exposure to a variety of positions.

# set

**Tier 2 - Recommended age 7 - 8 years**

**Focus:** Extension and Refinement of Movement

**Delivery:** The participant continues to progress and refine their fundamental movement and netball skills whilst being introduced to additional netball skills and basic netball strategies. This is achieved through a mix of activities, minor games and organised age-appropriate and modified sport. NetSetGO modified matches are introduced in this tier. The rules and equipment are adapted to help the participant build confidence and competency. Modified matches should be non-competitive (no scores, ladders or finals), with all participants provided with equal court time and the opportunity to play in a variety of positions. Learning and refining fundamental movement and netball skills via training activities should continue to be the focus in this tier.

# Session Plans

## Activity Cards

As part of each session plan, a number of activity cards have been designed to ensure a consistent approach to delivery, development, use of language and coaching for coaches delivering at a NetSetGO Centre.

### What's on a card?

**Objectives:** Clearly defined netball-specific learning outcomes relevant to the activity. Coaches should base their delivery, support, discussion and questioning around these.

**Start out/Get into it/Finish up:** The format of each session is broken up into a warm up (Start out: 10–15 minutes), skill development and minor game (Get into it: 30–35 minutes) and modified game/cool down (Finish up: 5–10 minutes).

**Equipment/area:** What equipment and area is required to play the activity.

**Group management:** What group numbers are required.

**Description:** Provides simple instructions on how to deliver the activity.

**Coaching tips:** Provides key technical and tactical coaching points to guide coaching as participants are engaged in the activity. More detailed coaching points can be found in the appendix of this resource.

**Change it:** Ideas on how to change the activity to reflect the developmental stage of the group and individual. Down = Easier; Up = Harder.

**Questions:** Examples of individual and group questions that can be asked to develop awareness around technical or tactical aspects of the game.

## Minor Games

The minor game variations are included at each level of the program in the 'Get into it' sections. These invasion games allow players to practice and develop skills in a game-like environment without actually playing a match. Minor games may be modified by changing the rules, increasing or decreasing the activity space or setting time restrictions. The coach can decide whether they use the minor game identified in the session plan, or use their discretion to choose an appropriate variation based on the development of their players.



# Set Session Plans

SESSION

**11**

## Take the Space

### Objective

To develop the ability to read space and respond to a cues.

### Equipment/Area

One third of a netball court or suitable training area.

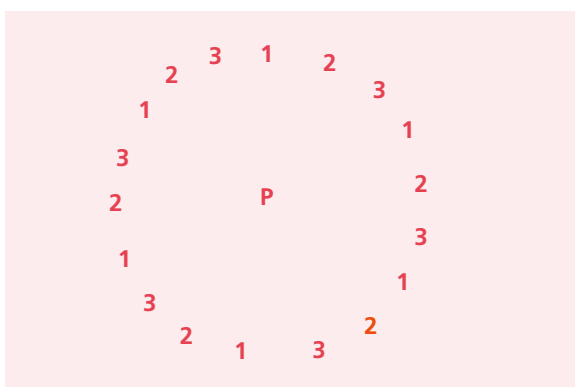
### Group Management

Players form a circle.

One player is positioned inside the circle.

### Description

The players in the circle number off from 1 to 3. The player in the middle calls a number and the players with this number exchange places. The middle player moves to take one of the spaces left open as the players exchange places. The player without a space now becomes the middle player.



Player P

### ! Safety

Define the area appropriate for the number of players.

Reinforce the importance for looking out for other players also moving within the area.

### 🎯 Coaching Tips

Keep your head up and use a strong arm pumps to accelerate

### ↻ Change It

Down: Reduce the number of players in the circle

Up: Call two numbers at a time

### ? Question

What strategies did you need use to avoid running into another player?

Middle players what strategy did you use to find a spare space?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.



## Toss and Clap

### Objective

To develop ball handling skills.

### Equipment/Area

One third of a netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

One netball for each player (or work in pairs and take turns).

### Description

A player tosses the ball into the air and claps their hands before re catching the ball.

Challenge the players to see how many catches they can perform before catching the ball again.

### ⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

### 🎯 Coaching Tip

Each player should challenge themselves to see how high they can throw the ball up with control.

Reinforce correct catching technique.

### ↻ Change It

Down: Use beanbags.

Up: Change to a tennis ball (these are smaller and require increased control).

### ❓ Questions

What was your best score?

## Toss and Bob Down

### Objective

To develop ball handling skills.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

One netball for each player (or work in pairs and take turns).

### Description

A player tosses the ball into the air and bobs down to touch the ground before standing back up to catch the ball.

Challenge the players to see how high they can toss the ball before catching it again.

Encourage player to be upright before catching the ball.  
Extension: Add a turn-around before catching the ball.

### ⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and wayward balls.

### 🎯 Coaching Tips

Each player should challenge themselves to see how high they can throw the ball up with control.

### ↻ Change It

Down: Use beanbags

Up: Change to tennis ball (these are smaller and require increased control)

### ❓ Questions

Were you able to work out how high you needed to toss the ball so that you could get down and back up in time to be upright to catch the ball?

## Jump High

### Objective

To develop elevation skill focusing on gaining height and landing in a balanced position.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

Set the group up in pairs with a ball spaced out around the court.

### Description

One of the pair hold the ball above their head with one or two hands.

The partner jumps up to take the ball and land safely with control (balanced over two feet).

### ! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

### 🎯 Coaching Tips

Players should take off and land with two feet shoulder width apart.

Take the ball strongly with hands in a catching position and move it away from the holder.

### ↻ Change It

Down: The partner holds the ball at a lower height

Up: The ball can be held higher (player on tip toes or standing on a step or bench)

### ? Questions

Where did you place your feet to ensure a balanced taking off and land?

## No Go Zone

### Objective

To develop reactive movement skills focusing on accelerating and decelerating.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

Cones or markers.

### Group Management

Groups of two or three players and a ball.

Four cones per group.

### Description

A player (worker), positions inside a designated area. The thrower stands outside.

The ball is thrown into the space so that the player must work to either catch or retrieve the ball.

A variety of passes and speeds of release should be used.

### ⚠ Safety

Define the area appropriate for the number of players ensuring there is an awareness of team mates moving about in the same area.

### 🎯 Coaching Tip

The worker uses quick light footwork to position and reposition to protect the designated space (no ball should get through or out of the space without being handled).

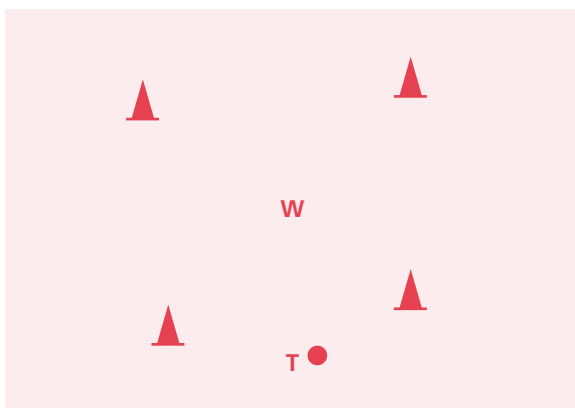
### ↻ Change It

Down: Reduce the space the worker must protect.

Up: Increase the size of the space to be protected or add an additional thrower on the side of the space so that the worker must reposition to face a new direction.

### ❓ Questions

When might you need to react quickly to gain possession of the ball in a game of netball?



Worker W Throwing T Ball ●

## Hunt the Ball

### Objectives

To develop quick ball handling skills.

### Equipment/Area

A third of a netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

All players

Two or three players in coloured bibs.

### Description

The bibbed players are taggers.

The rest of the group are spaced around a the third.

The group move about to receive a pass.

The taggers work to touch a player who is in possession of the ball.

If tagged the players change over roles.

### ! Safety

Define the area appropriate for the number of players ensuring there is an awareness of team mates moving about in the same area.

### 🎯 Coaching Tips

The players work to limit their time in possession of the ball to avoid being tagged.

Ensure correct catching skills.

The ball may be thrown with one or two hands.

### ↻ Change It

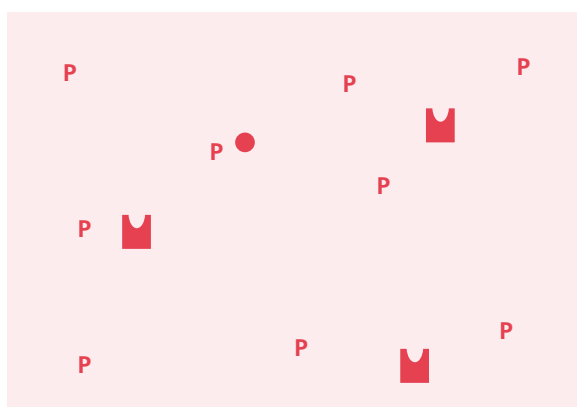
Down: Reduce the number of taggers.

Up: Any new players tagged put on a bib and join the tagging team.

### ? Question

Did you have a strategy to avoid being tagged?

Taggers what did you do to ensure you were able to touch a player?



Player P Ball ●

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

A full netball court or suitable training area.

Modified goalposts.

Size 4 netball (or equivalent).

2 sets of bibs.

### Group Management

Two even teams.

### Description

Play a modified game

Revise the GS and GK positions

- The area they play in
- Their roles and responsibilities

### ⚠ Safety

Define the area appropriate for the number of players.

Additional players should be positioned away from the sideline.

### 🎯 Coaching Tips

Reinforce the footwork rule.

Encourage correct passing and catch technique.

Encourage players to turn and look down court.

Players enjoy playing the game so ensure all players if possible are given equal time on court and are rotated through several playing positions.

## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource

### Coach Tip

Treat players as individuals.





# Set Session Plans

SESSION

12

## Leg Ladder Game

### Objective

To practice footwork skills.

### Equipment/Area

A full netball court or a suitable training space.

### Group Management

Two lines of players facing a partner.

### Description

Pairs sit opposite each other facing in with legs extended and touching. This will form a human ladder.

The first pair stand up and move through the ladder by stepping over the rungs (pairs of feet).

At the top of the ladder the pair runs around the outside of their line and sit back down.

The next pair work up the ladder around the outside then over the first pair to return to their starting position.

Continue until all players have had a turn.

### Extensions

Hop over the legs

Double leg jump over the legs

Side step over the legs

### ⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements and available space.

### 🎯 Coaching Tips

Each player must keep their head up and move their feet quickly to step over each set of legs.

### ↻ Change It

Down: Spread the pairs out so there is ample space between the legs for the players to move through quickly.

Up: Number the pairs and the players can only move if their number is called.

### ❓ Question

What things did you do to stay balanced?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

## Protect the Line

### Objective

To practice defending a space focusing on quick footwork and reaction time.

### Equipment/Area

Full court or a suitable training space.

Cones or markers.

### Group Management

Organise groups of three with two cones.

### Description

One player takes up a position on a line between two cones, the other two players start approximately 5 metres away.

Taking it in turns a player runs forward and attempts to touch the line with their foot.

The defender must stay on the line but can move anywhere along it.

If the advancing player is tagged then they must run back to the starting position.

### ! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

### 🎯 Coaching Tip

Encourage the advancing players to change direction and move the defender so that there is space to touch the line.

### ↻ Change It

Down: Reduce the space between the cones if the defender is unable to tag the players.

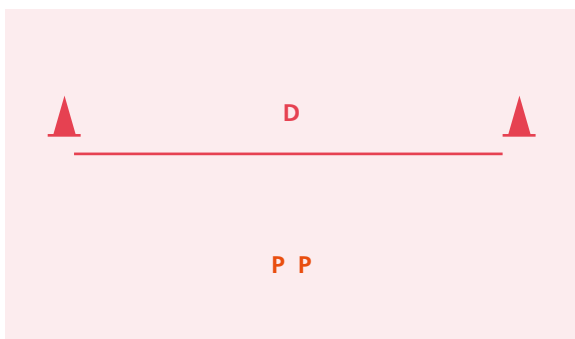
Increase the distance if the attackers are unable to touch the line.

Up: Both players may move forward and attempt to touch the line.

### ? Questions

Defenders what movements were needed to protect the line?

Attackers what strategies did you use to move the defender to create a clear space to touch the line?



Defender D Player P

## Lead to the Space

### Objectives

To practice catching and throwing and the ability time a lead into space to receive the ball.

### Equipment/Area

A full netball court or suitable training space.

Cones or markers.

Size 4 netball (or equivalent).

### Group Management

Divide the players into groups of three.

### Description

Each group places four cones out in a random square. Each of the three players stands at a cone leaving one free. One of the players starts with the ball e.g. player 1. The player with the ball calls a number and that player must lead to the free cone(space) to receive a pass.

### ! Safety

Reinforce the importance of passing the ball out in front of the moving player.

### 🎯 Coaching Tips

Observe correct catching technique and observance of the footwork rule.

Encourage the players to pass the ball to the moving player and not wait until they have reached the cone.

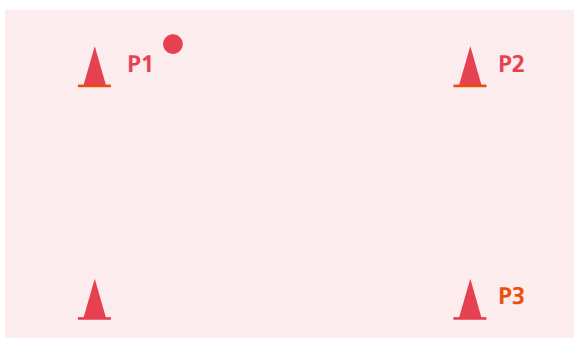
### ↻ Change It

Down: Move the cones in close and allow the players to pass to the player after they have reached the cone.

Up: Encourage players to use only one-handed shoulder passes.

### ? Question

How would moving into a space help you in a game of netball?



Player P   Ball ●

## Leading on an Angle

### Objective

To practice ball handling and footwork skills.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

### Group Management

Groups of four to six players.

### Description

Players line up with one standing out in front with a ball.

P1 leads out to take a pass on an angle of about 45°.

The ball is thrown to the space ahead of the moving player.

Player one lands in a balanced position preferably on the outside foot, grounds the second foot and passes back to the thrower.

Extension 1: Pivot to pass to the next player in the line who would then pass back to the thrower before making a lead.

Extension 2: Place a cone out on the first lead. The player must change direction at the cone then make another lead to take a pass.

### ! Safety

Define the area appropriate for the number of players.

### 🕒 Coaching Tips

Encourage players to take off on the foot on the same side as the intended lead and then land on the outside foot.

On landing keep the body upright flexing ankles, knees and hips.

The knee of the landed foot should stay in line the foot.

### ↻ Change It

Down: Shorten the distance between the thrower and the receivers.

Be lenient with the 5 second rule.

Up: Limit the possession time to 5 seconds.

Encourage players to land on their outside foot and quickly ground the other foot for balance.

### ? Questions

What did you do to keep balance and ready yourself to throw the ball?



Player P   Thrower T   Ball ●

## Island Ball

### Objective

To practice attacking decision making on the placement of the pass and the defender's ability to read options and work to disrupt the pass.

### Equipment/Area

A third of a court or suitable training area.

Size 4 netball (or equivalent).

Hoops.

### Group Management

Maximum three groups each using one third of the netball court each.

### Description

Team A players are positioned one in each hoop on their side of the playing area with two additional players on the oppositions side.

Team B set up on the other side to Team A.

One team player in a hoop starts with a ball e.g. Team A.

Team A passes the ball to any of the hoop (island) players.

Team B work to intercept any of the passes.

If an opposing team wins the ball then the ball is passed to one of their Island players.

A point is scored if a sequence of 4 passes is performed or for each intercept.

Change the role for the players.

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Encourage all attackers to position to see all three options as well as be aware of the positioning and movement of the defenders

### ↻ Change It

Down: Reduce the number of defenders to one per team

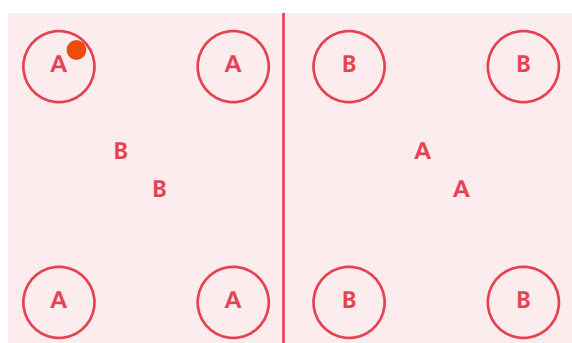
Up: Encourage all players to use only a one handed shoulder pass

### ? Question

Did you find a strategy to deceive the defenders and free up space for a pass?

Defenders when were you successful at winning the ball?

What positioning did you find most successful?



Team1 A Team2 B Ball ●

## Hoop Ball

### Objective

To give players practice moving the ball up and down the court.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netball (or equivalent).

2 hoops.

### Group Management

Select two even teams approximately 8 players per team.

### Description

Each team has a hoop as a goal.

Players pair up one on each team.

One team member stands in the hoop placed at the top of the goal circle (the goalie).

The team starting with the ball are the attacking team and pass the ball to each other to work the ball down to the goalie.

If the ball is gained by the opposing team then they become the attacking team and the original attackers now defend.

A point is scored when the goalie has a clean possession of the ball.

### ! Safety

Define the area appropriate for the number of players.

### 👁 Coaching Tip

All pairs must stay together.

No defending of the goalie is allowed.

Watch for efficient footwork, the use of changes of direction to lose an opponent and correct catching and throwing technique.

### ↻ Change It

Down: Keep groups smaller and the playing area smaller.

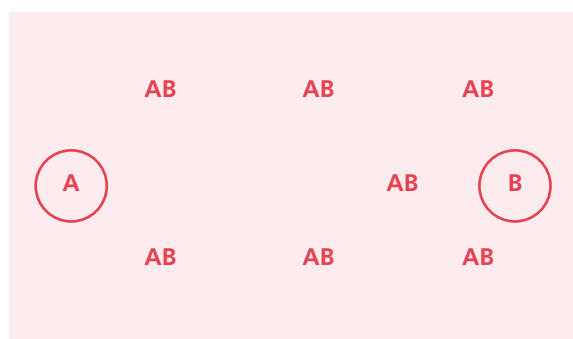
Up: Restrict possession time to 5 seconds

Change possession if there is a footwork infringement.

### ? Questions

How were you able to make space and lose your defender?

When defending how were you able to stay with your opponent and see where the ball was?



Team1 A Team2 B

## Concluding Activity

### Objective

To reinforce skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

### Coach Tip

Rejoice in the special talents of all of your players



# Set Session Plans

SESSION

13

## Skipping Rope Relays

### Objective

To develop footwork skills.

### Equipment/Area

One rope per relay team.

A full netball court or suitable training space.

### Group Management

Players divided into small relay teams.

### Description

Teams line up along a transverse line with the front player in each team holding a skipping rope.

On the command 'Go' the first player in each team skips down to the next transverse line and back then hand over the rope to the next team member.

- Skip forward
- Skip backwards
- Skip x10 on the spot at the start and leave the rope and run down to the transverse and back
- Leave the rope down at the second transverse line run down, skip x10 then run back.

### ⚠ Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tip

Keep eyes up in the direction of movement Use quick light footstep to jump over the rope and land using the forefoot.

### ↔ Change It

Down: Start the groups off at random times to eliminate the competition element

Up: Increase the distance of the activity.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

## Beat the Ball

### Objective

To develop spatial awareness and reactive movement skills.

### Equipment/Area

A full netball court or suitable training space  
Size 4 netball (or equivalent).

### Group Management

Set up groups of four to six players with a ball.

### Description

Team line up approximately 2 metres apart with one player positioned out to the side (the runner) on a line or beside a cone.

The front player starts with the ball.

The ball is thrown down the line, each player catching the ball and pivoting to pass to the next player and then thrown back up the line.

The runner moves down and around the throwers to cross the line on the other side before the ball reaches back to the start.

All players take turns to be the runner.

### ! Safety

Define the area appropriate to the numbers.

### 🕒 Coaching Tips

Runners should use strong arm pumps to generate speed.

Throwers may use a two-handed pass.

Encourage correct pivoting technique with body upright and weight over the pivoting foot.

### ↻ Change It

Down: Move throwers closer together or reduce the number of players in the line

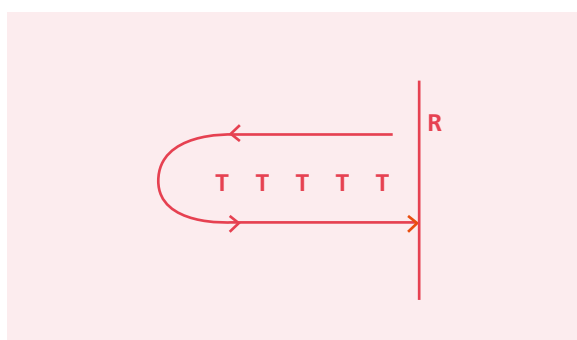
Up: Encourage the players to move the ball quickly using a one-handed shoulder pass

Extend the distance between throwers

### ? Question

How did you generate speed?

Were you watch where the ball was when you were running?



Team T Runner R

## Around the World

### Objective

To practice using footwork skills in a dynamic situation.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

### Group Management

Groups 8-12 players forming two teams of equal number.

One ball per two players.

### Description

Half the players form a circle each holding a netball.

The other half of the group cluster on the inside of the circle (a centre circle is a good place to gather, draw a circle or use a hoop).

On the command Go the players in the middle run out to take a pass from an outside player, pass it back then return to the middle and move out to a new thrower.

### ⚠ Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Reinforce angled leads with the direct placement of the take-off foot when leaving the centre.

Encourage clean ball handling skills.

Initially use arms to pump and generate speed then as the players gets ready to catch then arms are extended out in front.

Encourage the players to be aware of which foot they are landing on.

### ↻ Change It

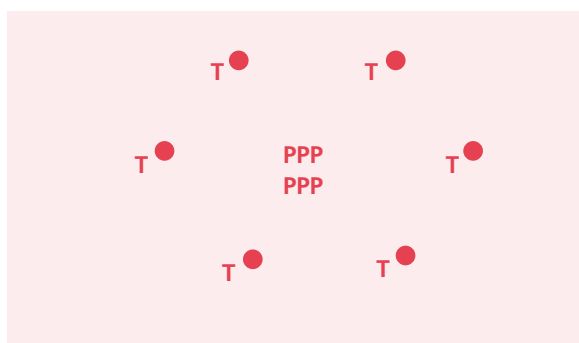
Down: Reduce the number of players in the group.

Up: Encourage clean strong hands and observance of the footwork rule.

### ❓ Questions

Where were you looking as you were leaving the centre area?

What did you need to do to avoid running into another player?



Thrower T Runner R Ball ●

Work to take  
4 - 6 passes

## Hands Over 1.2m

### Objective

To develop the ability to apply pressure over the oppositions release of the ball.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netballs (or equivalent).

### Group Management

Groups of three players and a ball.

### Description

Player 1 starts with a ball.

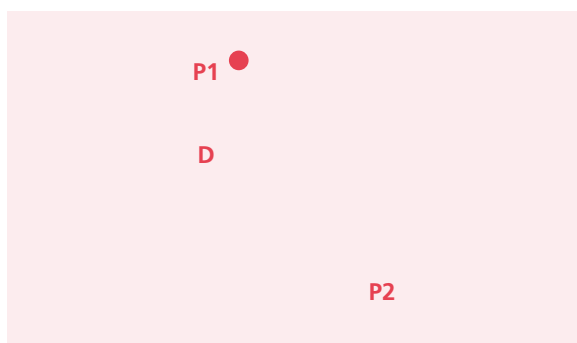
The defender (D) positions 1.2metre away with P2 positioned approximately 3 metres away positioned slightly off centre.

The D puts hands over and attempts to

- Delay the release
- Tip the ball
- Intercept the ball

Encourage the players to experiment with different arm positioning

- Both high
- Both out wide
- One high one wide



Player P Defender D Ball ●

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Arms Over.

Keep eyes forward.

Keep knees and body ready to react (knees slightly bent).

Use small steps to move to the required 1.2m keeping arms by side.

Extend arms after getting the correct distance.

### ↻ Change It

Down: The ball is passed close to the defender's arms to give them the feeling of touching or intercepting the ball.

Up: P2 is put on the move, leading either to the left or right to give P1 a clearer option.

### ? Question

Which arm positioning did you find most effective?

## 3 vs 3 Keeping Off

### Objective

To practice space awareness and movement skills in a contested situation under space restrictions.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

### Group Management

Groups of six players.

Four cones per group set up in a random square, approximately 3 metres square.

### Description

Two teams of three position in the designated space with two throwers at each end.

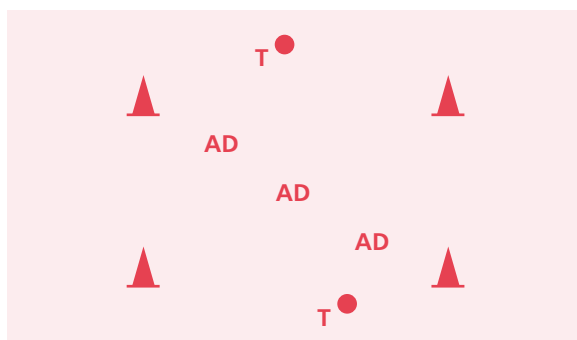
The attacking team work to perform 8 passes without error or loss of possession.

If the ball is turned over then roles are reversed.

The throwers at the end can be used in any sequence of passes by any team.

Have multiple teams ready to swap in as this is a demanding activity.

Teams attack and defend.



Thrower T Ball ● Attacker A Defender D

### ⚠ Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates' movements in the restricted space.

### 🎯 Coaching Tip

Reinforce attacking movements to create and use space.

Encourage players to apply 1v1 defence and look for opportunities to intercept.

### ↻ Change It

Down: Reduce the number of passes to be taken.

Up: Only passes inside the designated space can be counted in the tally of passes.

### ❓ Question

What strategies did you use to get free?

When defending where did you position to see ball and opponent?

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

A full netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

2 sets of bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Revise the positions of GA and GD

- The area they play in
- Their roles and responsibilities

Focus on one on one defending skills.

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tip

Reinforce the footwork rule.

Encourage correct catching and passing skills.

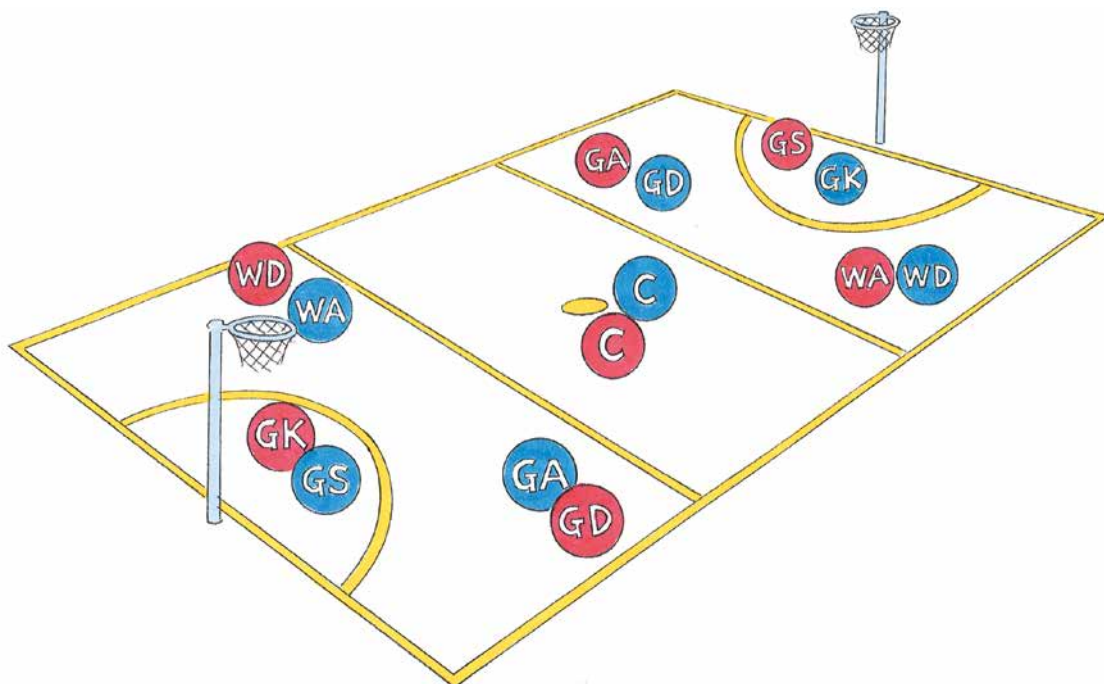
Reinforce players applying effective shadowing skills and strong hands over pressure.

Rejoice when a player gets an intercept.

### ? Questions

Did you enjoy playing the game?

What was the most enjoyable part?



## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Discuss the one on one defence and the effectiveness and possible outcomes of.

- Close shadowing
- Strong hands over pressure
- Taking intercepts

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

### Coach Tip

Always be ready with a 'Change It' activity.



# Set Session Plans

SESSION

14

## Cone Jumps

### Objective

To develop take-off and landing skills.

### Equipment/Area

One third of a netball court.

Cones or markers.

### Group Management

Small groups of approximately 4 players.

### Description

Players line up in small groups in front of a row of six cones.

The first player jumps over the cones using a two foot take off and land, at the end walk back to the end of the line.

Each player jumps over the cones x 5.

Start facing side on to the cones jumping over the cones with a sideways jump.

Work both the right and left side.

### ! Safety

Define the area appropriate for the number of players.

Have cones sized appropriate for the size of the players.

### 🎯 Coaching Tips

Reinforce the importance of light landing technique with hips, knees and ankle flexion.

Keep the head over the feet with the body upright.

### ↻ Change It

Down: Reduce the number of cones

Up: Add a sprint forward of 5 metres at the end of the cones

### ? Question

When might you need to take off and jump up in a game of netball?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.



Player P

## In and Out Passing

### Objective

To develop safe hands and accurate passing.

### Equipment/Area

Size 4 netball (or equivalent).

### Group Management

Netball court or suitable training area.

### Description

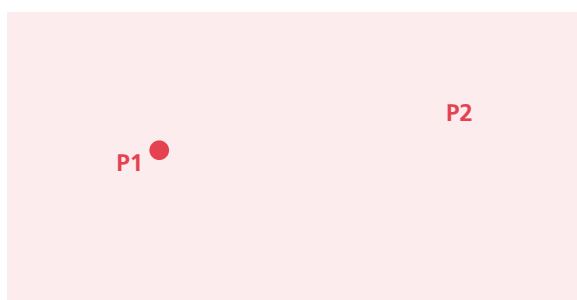
Work in pairs with one ball per pair of players.

P1 and P2 pass the ball back and forth x 6 passes.

After completing these passes successfully P2 takes a step back.

If subsequent sequences of 6 passes is completed successfully then players continue to step back.

If a pass is dropped P2 takes a step in.



Player P    Ball ●

### ⚠ Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Two handed catches should be encouraged where possible.

### ↻ Change It

Down: Reduce the number of passes to 4.

Up: Encourage players to complete all passes without fumbling or dropping the ball.

### ❓ Question

Why is it important to be able to catch cleanly and throw accurate passes?

## GET INTO IT (30–35 MIN)

### Objective

To practice using changes of direction.

### Equipment/Area

A full netball court or suitable training space.

2 cones or markers per pair of players.

Size 4 netballs (or equivalent).

### Group Management

Divide the group into pairs with two cones and a ball.

### Description

P1 positions inside two cones placed approximately 2 metres apart.

P2 stands out in front holding a netball for P1 to keep vision of during changes of direction.

P1 moves from side to side between the cones keeping their head up seeing the ball on each movement.

### ⚠ Safety

Reinforce the importance of making sure the player is ready to receive the ball.

### 🎯 Coaching Tip

Players should push off on the outside foot when changing direction

Shoulders and body should face in the direction of the intended move but the head should remain looking at the ball

### 🔄 Change It

Down: Keep the throwers in close so the movement is not too long

Up: Make the receiver (P2) slightly active to create a decision for the worker on where to look

### ❓ Questions

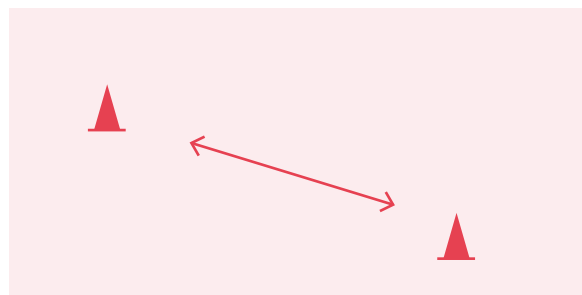
Where were you looking as you moved to the between the cones?

What did you do to keep looking forward and see the cones as well?

Extension 1: Complete a figure of eight movement around the cones



Extension 2: Move cones on an angle to practice moving into and away from the ball



Player P   Ball ●

## Moving into the Pathway of the Ball

### Objective

To develop the ability to take the ball on the run particularly as a defender reading when to take an intercept.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netballs (or equivalent).

### Group Management

Groups of three players and a ball.

### Description

Two players pass the ball to each other.

A third player starts out to the side and judges when to move through the pathway to take the intercept.

Initially work on only passes from P1 to P2, then as the players become proficient allow the ball to be timed from either end.

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tip

Players working to take an intercept should focus on catching the ball in the pathway but land out the other side rather than stopping in the middle. This will allow clean possession rather than tips or misses.

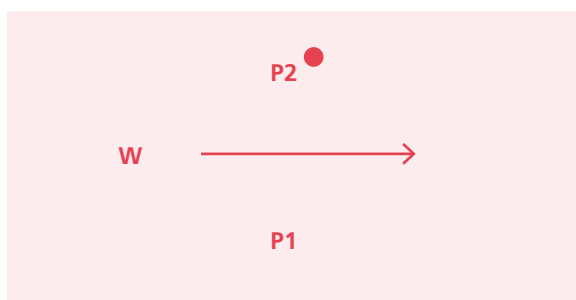
### ↻ Change It

Down: Move the worker closer to the throwers or move the throwers further away.

Up: Move the throwers on an angle and challenge the worker to intercept passes moving closer rather than away.

### ? Questions

What cues did you need to watch to know when to move to take the intercept?



Player P   Worker W   Ball ●

## Work the Ball Across 1

### Objectives

To practice movement, ball skills and decision making.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netballs (or equivalent).

### Group Management

Groups of four with a ball.

### Description

Three players position inside a third of the court.

A fourth player start on the sideline.

The group work across the court.

Player A4 passes the ball to any player in the third.

The three attackers then work the ball across the court.

One of these attackers now positions on the opposite sideline and A4 moves on court.

The ball is worked back across court.

### ! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

### 🎯 Coaching Tips

Encourage the three attackers on court to watch each other and create leads to open spaces.

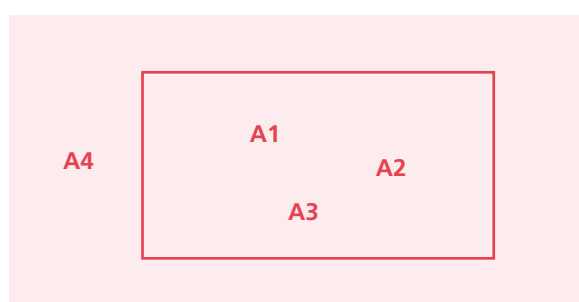
### ↻ Change It

Down: Set a sequence for the attackers to receive the ball.

Up: Challenge the players to look long and reduce the number of passes used to get across the court.

### ? Question

What starting positions can you use to create options that balance the court - across the space as well as through the space?



Attackers A Ball ●

## Over Ball

### Objective

To practice throwing and catching skills in a dynamic situation.

### Equipment/Area

4 or 5 metre square area marked into two halves.

Size 4 netball (beanbag or tennis ball).

Cones or markers.

### Group Management

Two teams of three or four players.

### Description

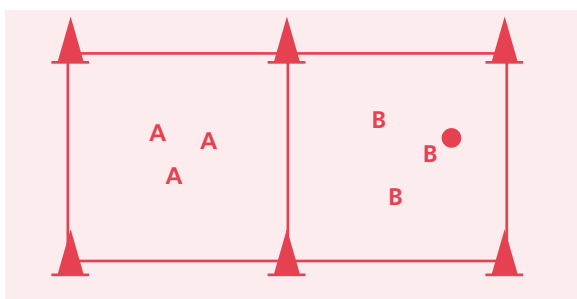
Position each team on opposite sides.

Select one team to start with the ball e.g. Team B.

Team B passes the ball around to each of the players in their area.

The ball is then passed over into Team A's area trying to pass into a space causing the ball to hit the ground.

Team A players move to either catch the ball or retrieve it and then pass the ball around three times before passing back over to the Team B side.



Team1 A Team2 B Ball ●

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Encourage players to keep their head up and be aware of other players positioning.

Encourage correct catching and throwing skills.

### ↻ Change It

Down: Make the playing area smaller.

Up: Limit possession to 4 seconds.

### ? Question

Did you try any strategies to trick or confuse the other team?

## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

### Coach Tip

Encourage your players to share their ideas.



# Set Session Plans

SESSION

15

## Over, Under and Around

### Objective

To practice ball handling skills.

### Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

Divide the group into pairs with a netball.

### Description

Two players stand back to back with a netball.

Introduce the instructions of passing the ball over the top of the head, under (between the legs) and side.

Allow some practice time then the players react to the call of the coach or selected player and complete the designated movement of the ball

Extension:

Call Everywhere and the players must run to the nearest sideline and then find a new partner.

### ! Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Encourage two handed control of the ball in the correct catching position.

### ↻ Change It

Down: Predetermine the pattern of control to over, under and side and eliminate the call.

Up: Set up relay lines of players to complete a set pattern of over, under, right and left.

With the last player running to the front of the line.

Work until all players have been the leading player.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.



## Clock Pivot

### Objective

Accuracy of passing and upper body strength development.

### Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

Hoops.

### Group Management

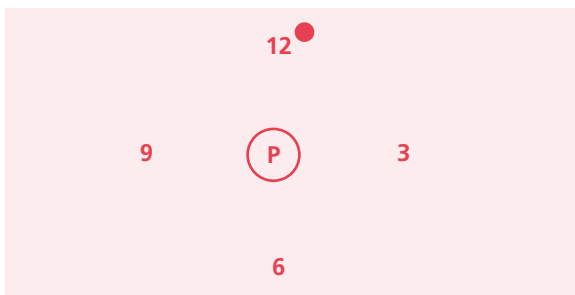
Divide the players into groups of five with a ball and a hoop.

### Description

A player stands in the middle of a hoop with four team mates positioned at the four points of a clock as shown below.

The ball is passed in from any player on the outside who then calls a time on the clock.

The middle player pivots to pass to that designated player.



Player P Ball ●

### ! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

### 🎯 Coaching Tips

Encourage correct catching and throwing technique.

Reinforce pivoting on the ball of the foot with weight kept over the foot and the body upright.

### ↻ Change It

Down: Move the throwers closer to the hoop

Up: The player in the middle starts just outside of the hoop and runs in to take the catch from the outside player

### ? Questions

What was your best throw?

Why would accurate passing technique be important in a game?

## Bean bag Shooting Technique

### Objective

To practice the high release of a shot for goal.

### Equipment/Area

Netball court or suitable training area.

Bean bags.

### Group Management

Divide the group in pairs with a bean bag.

### Description

Work in pairs with one player working at a time.

One player sits on the ground with legs extended out in front.

The partner standing near to and in front.

The seated player holds the beanbag with the dominant hand with the same arm extended above the head.

Bending the arm at the elbow the seated player tosses the bag as high as possible up and slightly ahead of their body (not out to the partner).

The partner catches or retrieves the bag and passes it back.

Change over after some repeated practice.

Sitting down to practice the shooting technique stabilises the core and allows the player to focus on the upper body technique.

### ! Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tip

The leading arm in a shot for goal should bend at the elbow with the shoulders remaining stable.

Ensure the players release the bag high and in-line with their head .

### ↻ Change It

Down: Allow the seated player to bend the legs

Up: Substitute the bean bag for a netball.

### ? Questions

What is the important thing to remember about your arm when shooting for goal?

## Shuffle Shot Relay

### Objective

To practice goal shooting technique in a dynamic activity

### Equipment/Area

Netball court or suitable training area

Size 4 netball (or equivalent)

Modified netball posts

### Group Management

Divide the players into groups four to five players

### Description

Form a line of players standing at the transverse line.

The ball is passed along the line to the front, where a player pivots, balances and shoots.

The ball is retrieved and passed to the front person who passes it down the line.

The shooter returns to the end of the line and the activity starts again.

There can be 2 to 4 lines working at the same time.

### ! Safety

Define the area appropriate space between lines to allow safe movement.

### 🎯 Coaching Tips

Encourage players to have their feet, hips and shoulders facing the post.

Encourage the shooting arm to bend at the elbow and for the shot to be released high in-line with their head.

The players should aim for the ball to go higher than the ring to allow it to drop in.

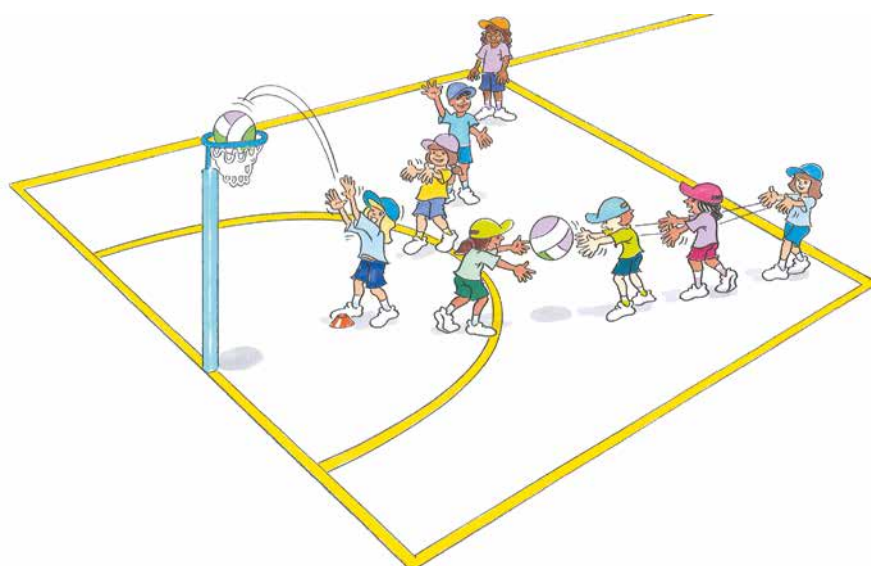
### ↻ Change It

Down: Reduce the numbers in each line

Up: Move the line of players so that they are required to turn and pivot on the diagonal to the next player

### ? Questions

When you had a successful shot where did you aim?



## Egg in a Basket

### Objective

To practice movement and ball handling skills.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Hoops.

Bean bags and tennis balls.

### Group Management

Four teams of three or four players.

Lots of netballs, bean bags and tennis balls placed in a hoop in the centre of the playing area.

### Description

The four teams position at a corner of a square approximately 6 metres square.

The first player runs in picks up a ball/bag and throws it to the next player who places it in their hoop.

If the pass is dropped the ball must be taken back to the middle.

### ! Safety

Define the area appropriate for the number of players.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements in the restricted space.

### 🎯 Coaching Tip

The game continues until all the balls are gone.

Encourage players to use correct catching and throwing skills.

### ↻ Change It

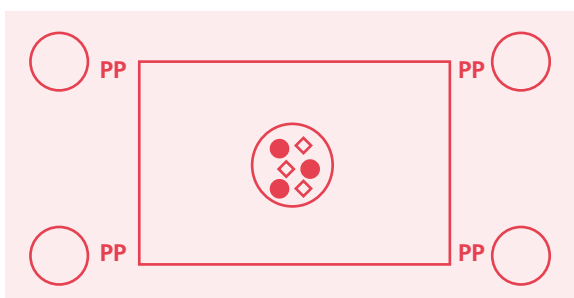
Down: Reduce the size of the area.

Up: Only passes one handed passes may be used.

### ? Questions

Did you specifically pick a piece of equipment to throw?

Why did you do this?



Player P   Bag ◇   Ball ●

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

A full netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

2 sets of bibs.

### Group Management

Two even teams.

### Description

Play a modified game

Revise the positions of WA and WD

- The area they play in
- Their roles and responsibilities

Introduce the basis centre pass set up of sides and swap

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

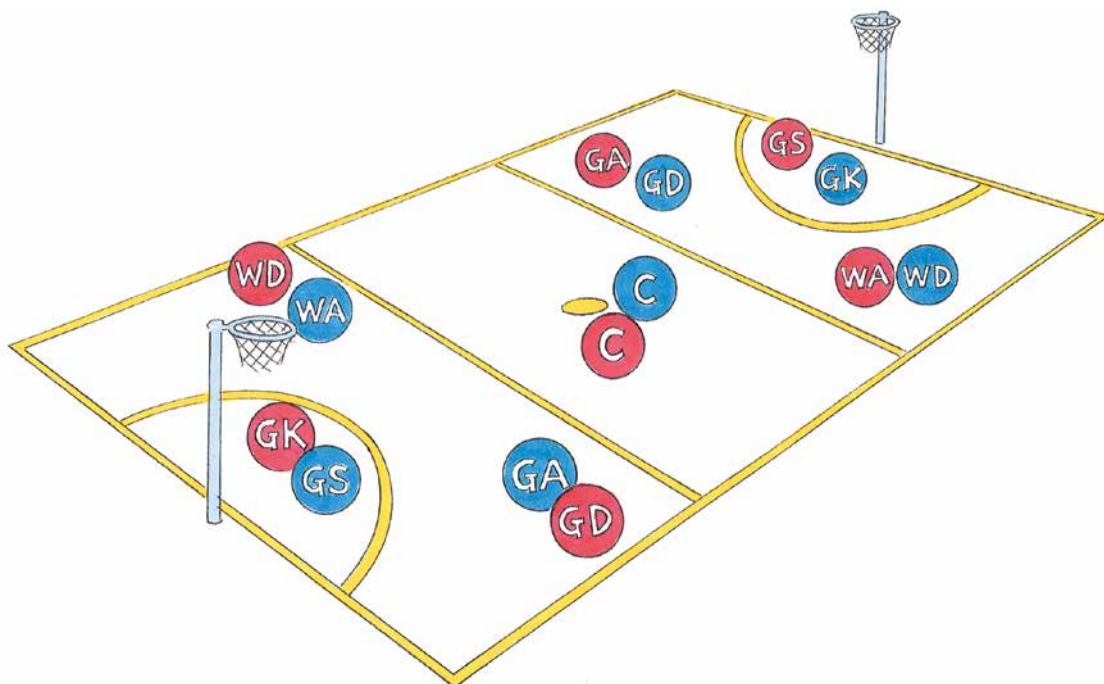
Give the players time to talk and move into place before the whistle is blown for a centre pass.

Ask the defenders to allow the attackers to set up one of the strategies.

Reinforce the high release on the shot for goal.

### ? Questions

When might it be best in a game to set up the swap strategy?



## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

### Coach Tip

Remember to reinforce positive technique and behaviours.



# Set Session Plans

SESSION

16

## Opposite Leads

### Objective

To practice watching and reacting to the team mates lead.

### Equipment/Area

A netball court or suitable training area.

### Group Management

Divide the group into two lines of players (approximately six to eight players).

### Description

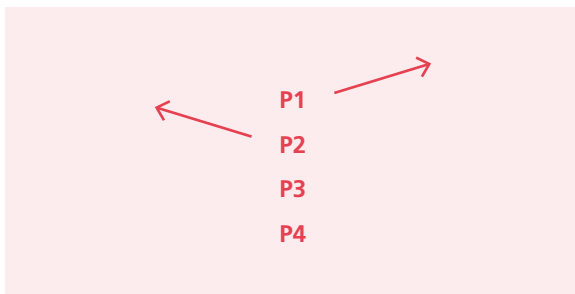
Players line up on a transverse line.

The first player leads out on a 45° angle either to the left or to the right.

The next player must move in the opposite direction.

Repeat with each player looking and reacting to the front lead.

Extension: The player must lead in the direction called by a player or coach positioned near by



Player P

### ! Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Encourage players to start with a balanced stance (shoulder width apart so that they can react in either direction).

The first foot to move should be the foot on the side of the intended direction of the lead.

### ↻ Change It

Down: Predetermine the move and have the players call the direction of their lead.

Up: Players work in pairs and react to the front players lead, working the opposite direction.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

## No Look Pass

### Objective

To develop the players peripheral vision.

### Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

Divide the players into pairs with a netball.

### Description

One player starts with the ball out in front of their partner.

P2 throws the ball to P1 who then gives a return pass.

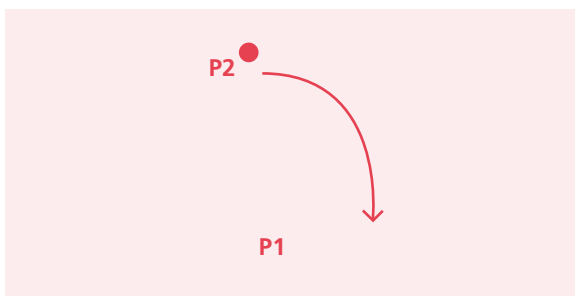
P2 now takes a step to the side and keeps stepping further around with each successful catch by P1.

P1 must keep eyes forward for each pass and not look at the thrower.

The aim is to have P1 successfully take a pass when P2 passes the ball when horizontal to P1.

Work both sides of the body.

Change over roles.



Player P    Ball ●

### ! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

### 🎯 Coaching Tips

Encourage correct catching and throwing technique.

Reinforce P1 to keep head and eyes looking forward.

### ↻ Change It

Down: Make the passes loopy and soft to allow time to react to the pass.

Up: P1 can work their feet up and down on the spot and then practice correct landing technique with each pass.

Passes can be delivered with increased strength.

### ? Question

How far around could you successfully catch the ball without looking at it?

How might having a wide field of vision help you in a game of netball?

## Opposite Lead and Receive

### Objective

To practice taking a pass on the move reacting on both sides of the body.

### Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

Players positioned out in front with a ball.

### Description

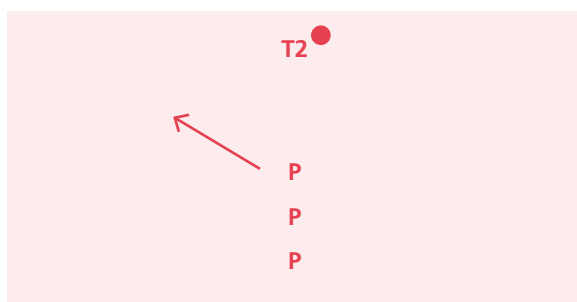
Players line up on a transverse line.

The first player leads out on a 45° angle either to the left or to the right and receives a pass from a front thrower.

The player then pivots to pass to the line of players.

The next player must move in the opposite direction to receive a pass.

Repeat with each player looking and reacting to the previous lead.



Player P    Ball ●

### ⚠ Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Encourage players to start with a balanced stance (shoulder width apart so that they can react in either direction).

The first foot to move should be the foot on the side of the intended lead.

Pivots should be performed with the weight and head over the pivoting foot.

### ↻ Change It

Down: Shorten the distance between the thrower and the moving player.

Up: Position two throwers out in front to allow for quicker reaction time.

### ❓ Questions

Were you aware of your initial stance and take off foot whilst watching which way you needed to move?

## Front, Side and Across

### Objective

To practice reacting and passing on a variety of angles.

### Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

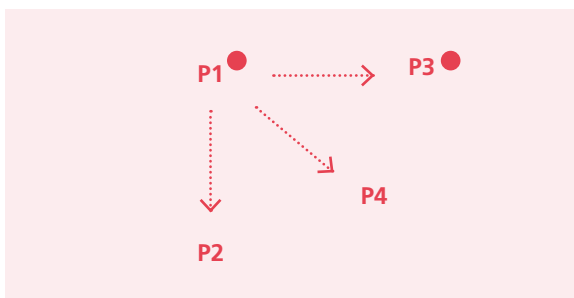
Divide the players into groups four players with two balls.

### Description

Four players form a square with players 1 and 3 with a ball.

Introduce the calls of front, side and across.

Both balls are thrown at the same time so all players need to be ready to pass or catch on every call.



Player P    Ball ●

### ! Safety

Define the area appropriate space between lines to allow safe movement.

### 🎯 Coaching Tips

Encourage players to use correct catching and throwing technique. Shoulder and hips should be turned in the direction of the pass.

### ↻ Change It

Down: Reduce the calls to front and side.

Up: Encourage the players to react quickly and watch to see when the receiver is ready before releasing the ball.

### ? Questions

Why would the ability to react and pass over a variety of angles be an important skill to develop?

## Lead, Receive and Shoot 2

### Objective

To practice a goal shooting in a dynamic activity.

### Equipment/Area

A full netball court or suitable playing area.

Size 4 netball (or equivalent).

Modified posts.

### Group Management

Groups of five players in on half of the goal third.

### Description

Two teams of three position randomly in the designated space.

Player four positions near the top of the circle and a fifth player stands on the baseline.

The three players pass the ball around, each taking a pass.

The ball is then passed to the player near the goal circle edge as they move into the goal circle.

This player then shoots for goal and takes the place of the player on the baseline.

The baseline player retrieves the ball and passes the ball back to the players moving in the goal third and then joins as a mover.

A new player positions at the top of the circle as the next shooter.

### ! Safety

Define the area appropriate for the number of players.

Ensure there is sufficient space between groups and there is an awareness of safety considerations such as avoiding the area near the goalpost and the rebounding balls.

### 🎯 Coaching Tips

Emphasise landing technique and correct pivot action.

Encourage players to have their feet, hips and shoulders in-line with the goal ring.

Encourage the high release with elbow movement to initiate the shot.

### ↻ Change It

Down: The player who is to shoot for goal can start in the circle closer to the goalpost.

Up: Encourage the players to take their shots from a variety of lengths and angles in their half of the goal circle.

### ? Questions

What helped you successfully shoot for goal?

## Find Your Team Mate

### Objective

To practice netball skills in a dynamic game situation.

### Equipment/Area

A full netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

3 sets of bibs.

### Group Management

Three teams all wearing bibs of the same colour.

### Description

Three players from each team set up in a hoop in each third of the court.

The rest of the team pair off at the end of the court.

The pair work down the court passing to each other and must pass to the hoop player in each third.

If the coach calls 'Change It' the hoop players must change hoops.

A shot for goal may be taken at the far end of the court.

### ! Safety

Define the area appropriate for the number of players.

### 🕒 Coaching Tip

Call "Change It" in between pairs working down court.

Encourage players to open up shoulders and get vision on both their partner and the hoop player.

Encourage safe landing skills and correct pivots.

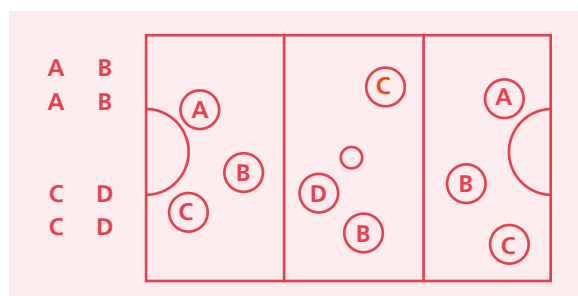
### ↻ Change It

Down: Increase the numbers working the ball down court to three.

Up: Add a defending player in each third.

### ? Questions

How did you work together as a team?



## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource

### Coach Tip

Players learn in a variety of ways so remember to challenge all of their senses.



# Set Session Plans

SESSION

17

## Shark Tank

### Objective

To practice watching and reacting to an opposition movement.

### Equipment/Area

A netball court or suitable training area.

Cones or markers.

### Group Management

Select three or four players as sharks (defenders) in an area approximately 3 metres square.

### Description

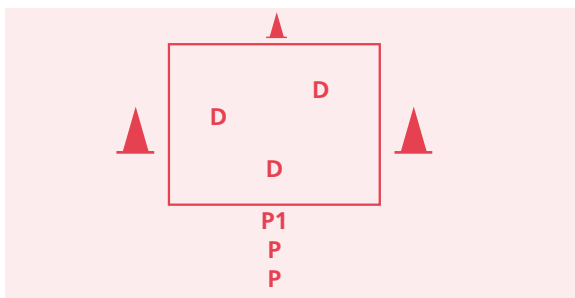
The defenders position randomly in the designated space.

The first player P1, runs into the space and must work to touch each of the three cones in any order.

The defenders move about and try to disrupt the players movement without touching them.

Rotate defenders (sharks) and moving players.

Sharks are not able to defend the cones.



Player P Defenders D

### ! Safety

Define the area appropriate to the numbers

### 🕒 Coaching Tips

Encourage players to start with a balanced stance (shoulder width apart so that they can react in either direction)

Use quick changes of direction to move defenders and create a clear space to lead to a cone

### ↻ Change It

Down: Reduce the number of defenders

Up: Two running players may enter the tank at the same time

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

## Working in Opposite Directions

### Objective

To develop the players timing and ball skills.

### Equipment/Area

A netball court or suitable training area.

Size 4 netball (or equivalent).

### Group Management

Divide the players into threes (one thrower and two workers).

### Description

The thrower starts with the ball and passes to P1 who then passes the ball back.

P2 runs to the cone and then forward to take the next pass as P1 runs to the cone and back.

Work 10 alternate passes and change over.

Now place two cones out to the side.

The players lead out and back alternatively to take a pass.



Player P Thrower T Ball ●

### ! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

### 🎯 Coaching Tips

Encourage correct catching and throwing technique.

Encourage the players to push off strongly to change direction and always to keep their eyes on the ball.

### ↻ Change It

Down: Make the running distance shorter.

Up: Challenge the players to keep the activity continuous without any ball handling errors.

### ? Question

What did you do to ensure the timing of your leads?

Throwers where did you place the pass to allow the workers to quickly receive and return the ball?

## Three Passes

### Objective

To practice taking a pass on the move and decision making on selecting options.

### Equipment/Area

Netball court or suitable training area.  
Size 4 netball (or equivalent).

### Group Management

Groups of nine player (three lines of three).

### Description

Three players line up at three points of a triangle.

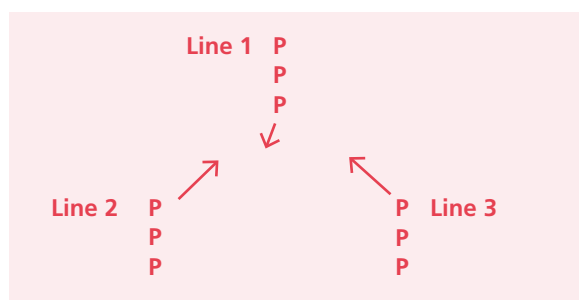
To start, a player from one line stands in the space with a ball.

The front player from the other two lines run in.

The ball is passed to one and then the other player moves again to receive the ball.

The second players from all three lines run in and work to receive a pass each.

After taking a pass, the players move back to the end of their own line.



Player P

### ⚠ Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Encourage players to start with a balanced stance (shoulder width apart so that they can react in either direction).

The first foot to move should be the foot on the side of the intended lead.

Pivots should be performed with the weight and head over the pivoting foot.

### ↻ Change It

Down: Shorten the distance between the thrower and the moving player.

Up: Position two throwers out in front to allow for quicker reaction time.

### ❓ Question

What were you looking at when you choose one of the players as the option to pass to?

## Recovery to 1.2m

### Objective

To practice recovering to put hands over the opposition pass.

### Equipment/Area

Netball court or suitable training area.

Size 4 netball (or equivalent).

Cones or markers.

### Group Management

Position a line of cones 1.2m from a line on the court

### Description

Players line up at the start of the line

Each player lead in to the cone then quickly moves back

Get hands up as if defending a pass

Practice a variety of positions

- Both high
- Both out wide
- One high one wide

### ! Safety

Define the area appropriate space between lines to allow safe movement.

### 🎯 Coaching Tips

Encourage players to get their distance quickly with quick steps.

Hands are raised after distance has been gained.

Keep body upright with feet shoulder width apart and weight over both feet.

### 🔄 Change It

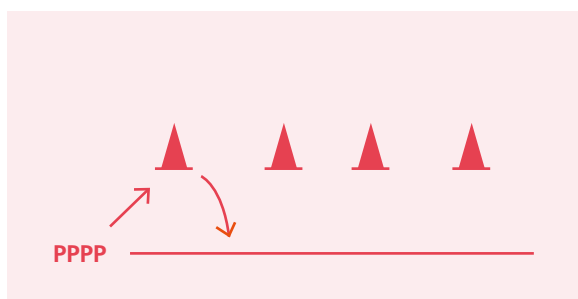
Down: Pair players off with one cone and allow smaller group practice.

Up: Change the cones to players holding a ball. Still run in but DO NOT encourage the players to run in and touch the ball as this is not a skill which would be allowed in a game.

### ? Questions

Which arm positioning did you find more comfortable?

Would it be effective to use different positioning for different opponents?



Player P

## Lead, Receive and Shoot 3

### Objective

To practice goal shooting in a dynamic activity.

### Equipment/Area

A full netball court or suitable playing area.

Size 4 netball (or equivalent).

Modified posts.

### Group Management

Full group work but could also be set up as two groups working one half of the goal third.

### Description

Players line up in pairs at the transverse line.

Another group line up just outside the baseline and step on court as a pair starts to work down court.

The first pair work the ball between themselves down to the circle edge then pass to the goaler on the move.

The goaler then puts up a shot for goal.

Rotate pairs and goalers.

### ! Safety

Define the area appropriate for the number of players.

Ensure there is sufficient space between groups and there is an awareness of safety considerations such as avoiding the area near the goalpost and the rebounding balls.

### 🎯 Coaching Tips

Emphasise landing technique and correct pivot action.

Encourage players to have their feet, hips and shoulders in line with the goal ring.

Encourage the high release with elbow movement to initiate the shot.

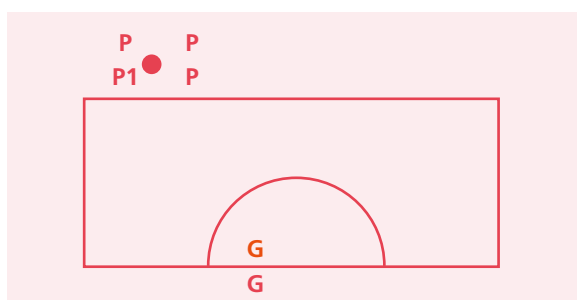
### 🔄 Change It

Down: The player who is to shoot for goal can start in the circle closer to the goalpost.

Up: Encourage the players to take their shots from a variety of lengths and angles in their half of the goal circle.

### ? Question

What helped you successfully shoot for goal?



Goalers G Ball ●

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

A full netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

2 sets of bibs.

### Group Management

Two even teams.

### Description

Play a modified game

Revise the positions of C

- The area they play in
- Their roles and responsibilities

Introduce defence of the centre pass

GD and WD on the inside of the GA and WA

Defending C with hands over.

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Reinforce the footwork rule.

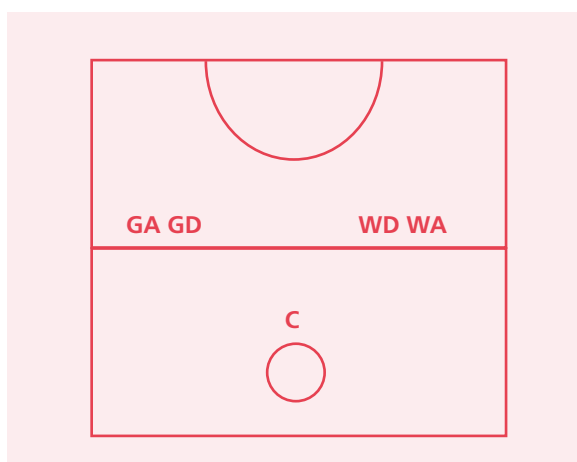
Encourage the players to look down court and find a player on the lead.

Ask the attackers to wait until and allow the defenders to set up their strategy.

### ? Questions

What worked well when you were defending the centre pass?

How might you communicate to each other in a game that this is what you are going to do?



Goal Attack GA   Goal Defence GD  
Wing Defence WD   Wing Attack WA   Centre C

## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource

### Coach Tip

Keep it simple



# Set Session Plans

SESSION

18

## Chase the Number

### Objective

To develop take-off and landing skills.

### Equipment/Area

One third of a netball court.

Cones or markers.

### Group Management

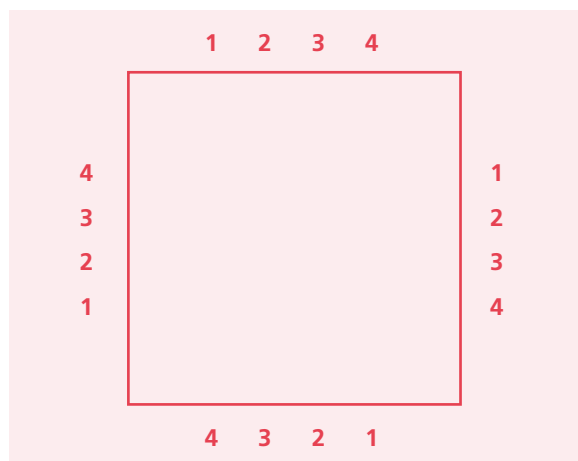
The group is sub divided in teams of approximately 4 players

### Description

Players line up numbered from 1 to 4 along a line (or between cones).

The coach calls a number and that player runs around the outside of the teams to return to the start.

The game can be played with the players running in number sequence or wait for the number to be called.



### ! Safety

Define the area appropriate for the number of players.

Have cones sized appropriate for the size of the players.

### 🎯 Coaching Tips

Reinforce the importance of light landing technique with hips, knees and ankle flexion.

Keep the head over the feet with the body upright.

### ↻ Change It

Down: Make the running distance shorter

Up: Use a variety of movement patterns e.g. skip.

### ? Question

What did you need to be aware of before taking off to run?

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

## Opposite Sides

### Objective

To develop space awareness and court balance.

### Equipment/Area

Cones or markers.

Size 4 netballs (or equivalent).

### Group Management

Netball court or suitable training area.

Divide the players in to groups of three.

### Description

Work in pairs with a player out the front holding a ball so that both players can keep their heads up and practice looking down court.

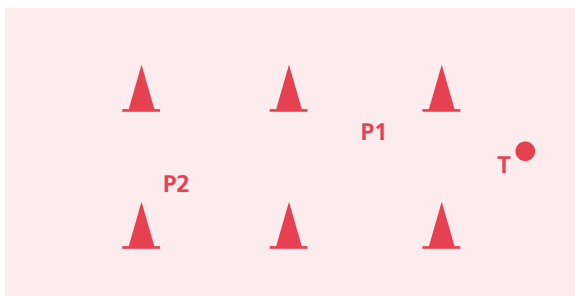
P1 and P2 position in adjoining squares approximately 2 metres square.

Both face the front, P1 moves anywhere in the front space using a variety of movement patterns.

P2 must work to always be on the opposite side but in the back space.

Work for 10 moves and change over.

The thrower does not pass the ball.



Player P Throwing T Ball ●

### ! Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Quick light footwork with direct changes of direction should be encouraged.

Moves should be angled with straight line movement.

### ↻ Change It

Down: Slow the front player down to give extra time for the back player to react.

Up: Challenge the players to use a change of movement patterns and a change of speed.

### ? Questions

Why is it important be aware of a team mates position on the court?

## Work Around the Cone

### Objective

To practice timing of leads.

### Equipment/Area

A full netball court or suitable training space.

5 - 6 cones or markers per groups of players.

Size 4 netballs (or equivalent).

### Group Management

Divide the group into groups of six.

Space 5 cones out down the court.

### Description

Five players position to the side of the cones.

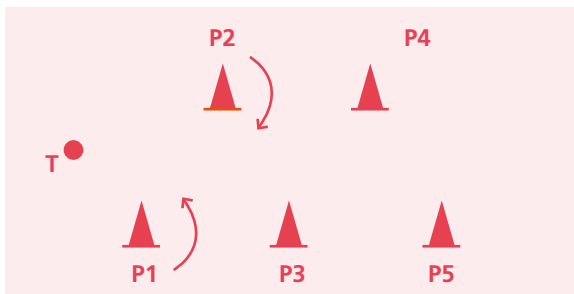
P1 leads around the back of the cone and into the middle space to take a pass from the thrower.

P1 then pivots to pass to P2 who moves around the cone to take the next pass in the middle area.

Work the ball down the line.

Take the ball back to the start and complete the task again.

Change the thrower and the players position down the line.



Player P   Thrower T   Ball ●

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Players should work quick feet around the cone and then angle their lead toward the ball.

### ↻ Change It

Down: Reduce the number of cones.

Up: Challenge the players to be active and moving in to take a pass as the player in front pivots.

### ? Question

Where were you looking as you moved to the back cone?

What was your cue to start moving to take a pass?

## Moving into the Pathway of the Ball 2

### Objective

To develop the ability to take the ball on the run particularly as a defender reading when to take an intercept.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netballs (or equivalent).

### Group Management

Groups of three players and a ball.

### Description

Two players pass the ball to each other.

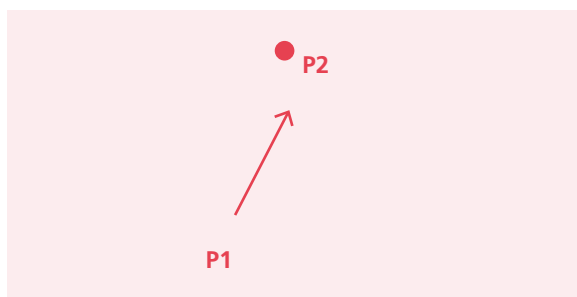
A third player starts beside one of the throwers and judges when to move through the pathway to take the intercept.

As shown below work on only passes from P2 to P1.

Practice coming through from both sides.

Extension: The defender can come from behind and move around the body to take the intercept.

P1 can start further back and lead into the space.



Player P   Ball ●

### ⚠ Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Player working to take an intercept should focus on catching the ball in the pathway but land out the other side rather than stopping in the middle. This will allow clean possession rather than tips or misses.

### ↻ Change It

Down: Move the throwers further away.

Up: Put P1 on the move, leading forward into the space.

### ❓ Question

What cues did you need to watch to know when to move to take the intercept?

## Work the Ball Across 2

### Objective

To practice movement, ball skills and decision making.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netballs (or equivalent).

Colour or playing bib.

### Group Management

Groups of five with a ball.

### Description

Three players position inside a third of the court.

A fourth player starts on the sideline.

An extra player wears a bib and works as a defender.

The group work across the court.

The defender is free to move around a defend any player.

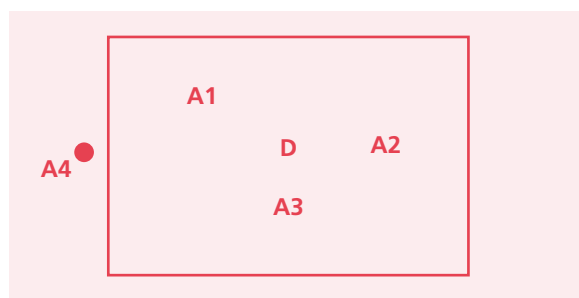
Player A4 passes the ball to any player in the third.

The three attackers then work the ball across the court.

One of these attackers now positions on the opposite sideline and A4 moves on court.

The ball is worked back across court.

Change roles. All players should work as the defender.



Attacker A Defender D Ball ●

### ! Safety

Define the area appropriate for the number of players and ensure sufficient space between groups.

### 🎯 Coaching Tips

Encourage the three attackers on court to watch each other, be aware of the defender and create leads to open spaces and spread the defender.

### ↻ Change It

Down: Take out the defender and set a sequence for the attackers to receive the ball.

Up: Challenge the players to look long and reduce the number of passes used to get across the court.

### ? Question

What starting positions can you use to create options that balance the court across as well as down (long)?

## Shooting Rounders

### Objective

To practice throwing and catching skills.

### Equipment/Area

Goal circle.

Size 4 netball (beanbag or tennis ball).

Coloured bibs.

### Group Management

Two teams of five players.

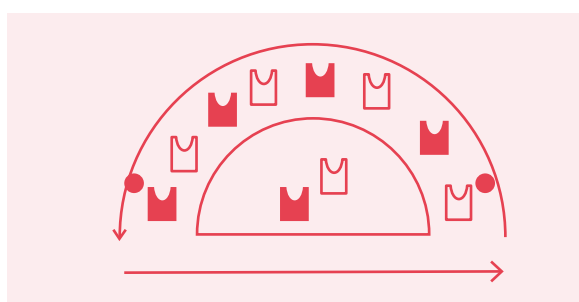
### Description

Both teams position alternately around the circle edge with one player in the goal circle.

The first edge player passes to the goaler in the circle who then passes the ball to the other players on the circle edge and then turns to shoot.

The initial thrower runs along the baseline and then around the back of the players back to their starting position.

The next player around the circle becomes the runner. After running the player becomes the next goaler.



Ball ●

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Encourage players to keep their head up and be aware of the other moving around the outside.

### ↻ Change It

Down: Make the teams smaller

Up: Introduce a competition

### ? Question

Did you try any strategies to trick or confuse the other team?

## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

### Coach Tip

Use open ended questions to probe for understanding.



# Set Session Plans

SESSION

19

## Group Skipping

### Objective

To develop footwork and elevation skills.

### Equipment/Area

Large skipping ropes.

Size 4 netball (or equivalent) or bean bag.

### Group Management

A full netball court or suitable training space.

Groups of six or more.

### Description

Two players take the end of the rope.

Each player starts in and completes 10 skips

- No missing a loop – each player runs in and completes one or more skips and runs out as the next player comes in
- Under the Moon – each player runs through under the rope (no skipping)
- Skip and catch – a player skips as a ball is thrown in and out x 6.

### ! Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Encourage the players to watch the rope to determine when to jump.

Players should take off and land on two feet with a balanced stance.

### ↻ Change It

Down: Allow players to stay in a have additional skips to practice their timing.

End players turn the rope slower.

Up: End players can speed up the turning of the rope.

### 🏹 Stretch!

Select an appropriate activity from the Stretch Coaching.

## Ball and Bean bag Work

### Objective

To develop ball handling skills.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Bean bags.

### Group Management

Players divided into groups of three with a netball and a bean bag.

### Description

Two throwers position approximately 2 metres apart, one with a netball and one with a bean bag

The worker moves across to take a pass from each of the throwers until 6 passes have been taken.

### ! Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Encourage the players to land on their outside foot with the inside foot coming down to provide balance before throwing the ball.

The next move should be initiated with a strong push off on the outside foot.

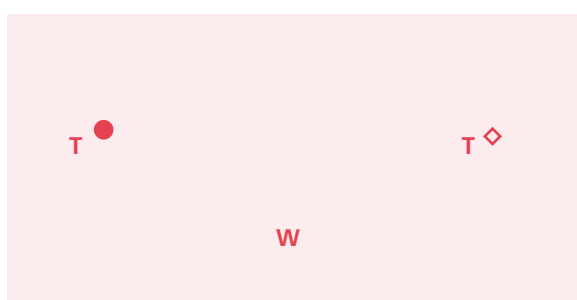
### ↻ Change It

Down: Shorten the distance between the throwers or use two bean bags.

Up: Use two netballs.

### ? Questions

Throwers where did you pass the ball to allow the worker to handle the ball quickly?



Thrower T Worker W Ball ● Bean Bag ◇

## Colour Card Call

### Objective

To practice space awareness and movement skills.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

A set of colour cards.

### Group Management

Small groups of three or four players.

Four cones per group set up in a random square approximately 3 metres square.

### Description

The player in the square moves around using a variety of movements e.g. run, skip, hop, side step and changes of direction to cover as much space as possible in 10 leads.

As the player is working colour cards are briefly held up

The working player calls the appropriate colour.

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Reinforce definite attacking movements to create and use space.

Encourage the use of angled leads and multiple changes of direction.

### ↻ Change It

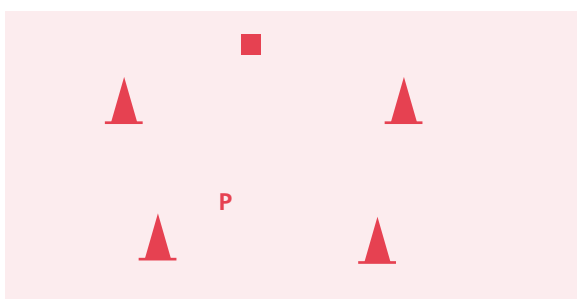
Down: Reduce the number of leads or the designated working space.

Up: Shorten the time the cards are shown to elicit quick decision making.

### ? Questions

What type of movements did you use to make sure you used all of the space available?

Where did you keep your head when moving away from the cards?



Player P Colour Card ■

## Continuous Around the World

### Objective

To practice using footwork skills in a dynamic situation.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

### Group Management

Groups 8-12 players forming two teams of equal number.

One ball per two players.

### Description

Half the players form a circle each holding a netball.

The other half of the group cluster on the inside of the circle (a centre circle is a good place to gather, draw a circle or use a hoop).

On the command Go the players in the middle run out to take two passes (one moving to the right and then one moving to the left) from the same thrower.

After taking the second pass the player holds the ball and the outside player move in to the centre to become the new worker.

If out of position the player quickly moves into position ready for the interchange with the next player.

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Reinforce angled leads with the direct placement of the take-off foot when leaving the centre.

Encourage clean ball handling.

Initially use arms to pump and generate speed then as the players gets ready to catch then arms are extended out in front.

Encourage the players to be aware of which foot they are landing on.

### ↻ Change It

Down: Reduce the number of players in the group.

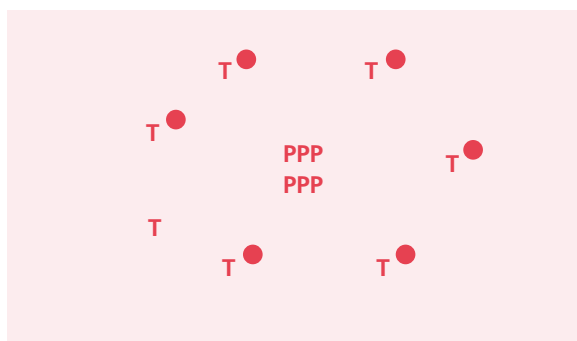
Up: Introduce a competition.

The first player to have moved into and out to take the passes 6 times.

### ? Questions

Where were you looking as you were leaving the centre area?

What did you do to ensure you were able to keep moving forward to catch the ball?



Thrower T Runner R Ball ●

## Intercepting

### Objective

To develop the ability to take an intercept.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netballs (or equivalent).

### Group Management

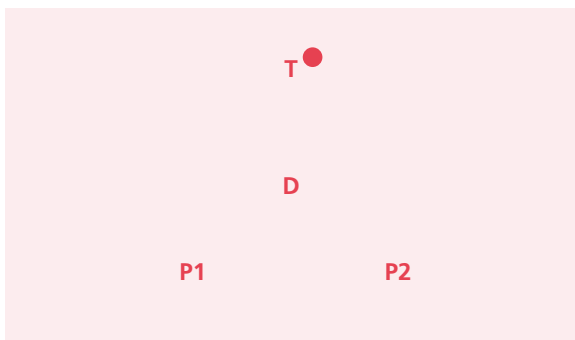
Groups of four players and a ball.

### Description

The thrower starts with a ball. The defender (D) positions in front of two stationary players.

Experiment with different starting positions for the defenders

- Starting in the middle the defender creates two equal opportunities but may be unsure as to which player will receive the ball
- If the defender positions slightly to one side then the attacker may think this option is open and pass to this player.  
Now the defender is dictating where the attacker is passing too and can better predict where to intercept the ball.



Thrower T Defender D Player P Ball ●

### ⚠ Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tip

Defenders should position so that they can see ball and player (wide peripheral vision).

Defenders need to work up on the balls of their feet and be ready to react.

It is important to see the release of the ball so that the intercept can be timed accurately.

### ↔ Change It

Down: Keep the distance between the two receiving players short.

Up: Widen the distance of the two receiving players.

### ❓ Questions

Which arm positioning did you find most effective?

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

A full netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

2 sets of bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Revise attacking and defending set ups at the centre pass.

### ! Safety

Define the area appropriate for the number of players.

### 🕒 Coaching Tips

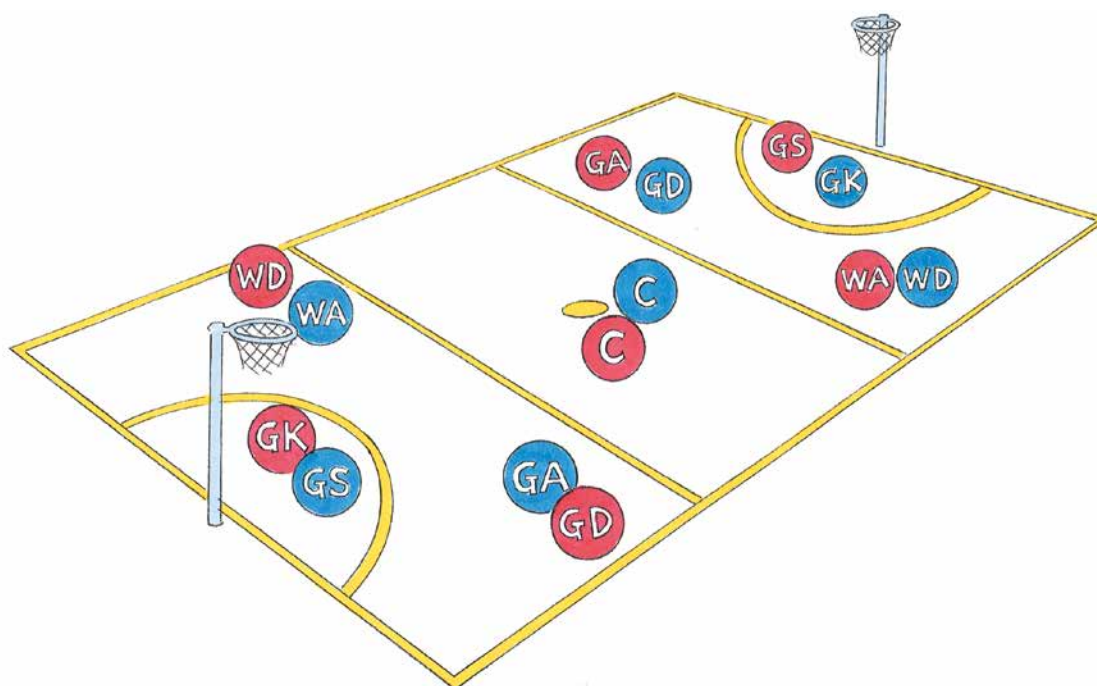
Give the players time to talk and move into place before the whistle is blown for a centre pass

Alternately ask the attackers and defenders to allow the opposition to set up a strategy

### ? Questions

When did the strategy work?

What would you need to do in a game to make this strategy successful?



## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Discuss the two set up for the centre pass and

What success would look like

- Intercept
- Held ball
- Ball thrown out of court
- Ball not taken in the centre third

Give feedback to individual players and discuss engagement and enjoyment levels.

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

### Coach Tip

Arrive early and set up equipment ready for swift transitions from activity to activity.



# Set Session Plans

SESSION

20

## Take the Space 2

### Objective

To develop the ability to read space and respond to a cues.

### Equipment/Area

One third of a netball court or suitable training area.

### Group Management

Players form a circle.

One player is positioned inside the circle.

### Description

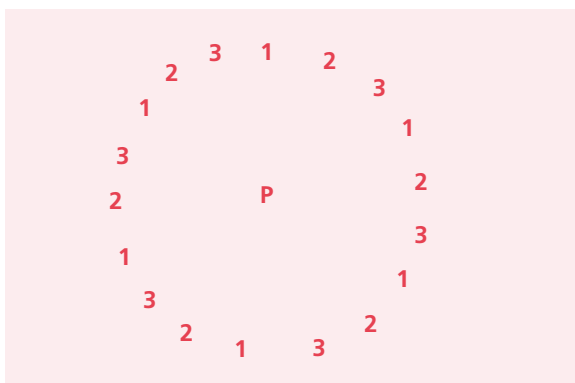
The players in the circle number off from 1 to 3.

The player in the middle calls a number and the players with this number exchange places.

The middle player moves to take one of the spaces left open as the players exchange places.

The player without a space now becomes the middle player.

On the call Everyone, all players must change positions.



Player P

### ⚠ Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Observe direct (use of angles rather than circular movement).

Use of weight transfer to change direction.

Use of arm pumps to degenerate speed.

Light footwork for the stride jumps.

Movements may be untidy due to the focus on reaction rather than technique.

### ↻ Change It

Down: Call instructions less frequently to allow plenty of reaction time.

Up: Call out changes quickly.

### 🏃 Stretch!

Select an appropriate activity from the Stretch Coaching Resource.

## Create Space

### Objective

To develop space awareness and court balance.

### Equipment/Area

One third of a netball court (or equivalent playing area).  
Size 4 netball.

### Group Management

Divide the players into groups of four.

### Description

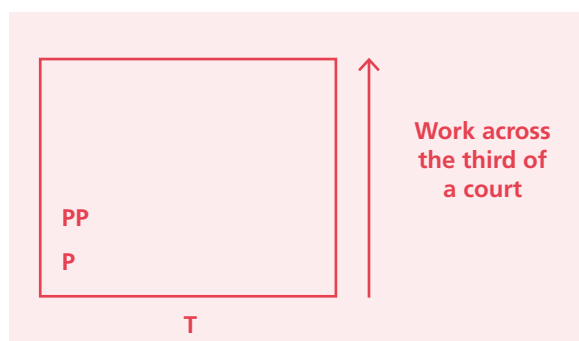
Three players cluster together near the corner of a third of the court.

A thrower positions near by just outside the sideline

The thrower drops or throws the ball near to by away from the clustered players.

One of the clustered players moves to retrieve the pass and then the group work the ball across the court.

The players need to move apart to create space and must all receive at least one pass each.



Player P Thrower T

### ! Safety

Define the area appropriate to the numbers.

### 🕒 Coaching Tips

The clustered players need to keep their heads and eyes up and be aware of each other's movement.

### ↻ Change It

Down: Start with two players in a cluster

Up: Add a defender to the cluster who may work to defend any player

### ? Questions

What did you need to be aware of in order to move to a free space?

## Jump Turns

### Objective

To practice using elevation skills.

### Equipment/Area

A full netball court or suitable training space.

### Group Management

Pairs or individual work.

### Description

A player stands with feet shoulder width apart

- Jump to turn to the side (1/4 turn) and back Practice to the right side and the left side
- Jump to face the opposite direction (1/2 turn) and back
- Complete a full turn jump and back

Extension – add a sprint forward after the land.

### ⚠ Safety

Define the area appropriate to the numbers.

### 🎯 Coaching Tips

Ensure the players start with feet shoulder width apart.

Use arms to gain height on the jump.

Land with feet shoulder width apart.

Keep the head over the feet and body.

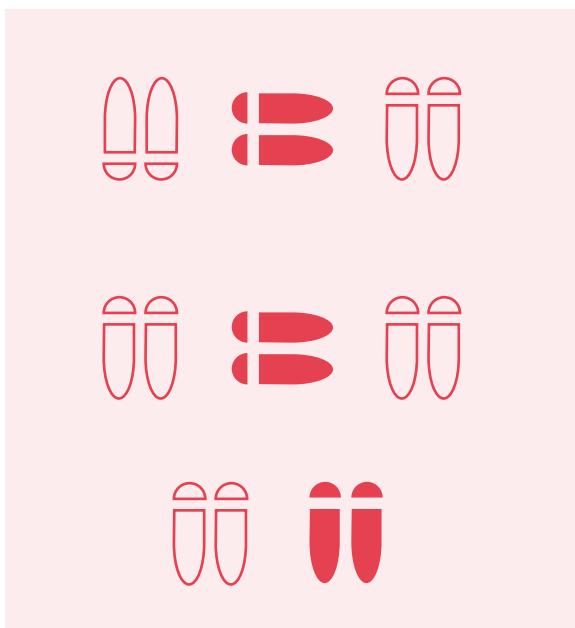
### 🔄 Change It

Down: Allow the players to practice individually at their own pace

Up: Call out jumps so the players can react and jump 1/4 R, 1/4 L, 1/2 R, 1/2 L, full R or full L

### ❓ Questions

What did you do to make sure you landed in a balanced position?



Feet Position 

## Defending Our Space

### Objective

To develop the communication skills when defending.

### Equipment/Area

A full netball court or suitable training area.

Size 4 netballs (or equivalent).

### Group Management

Groups of three or four players and a ball with a set of cones.

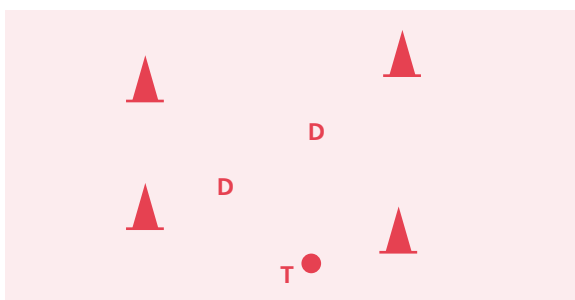
Positioned approximately 3 metres square.

### Description

Two players start as defenders in a designated space with a thrower out the front.

The thrower passes the ball into the space using a variety of passes.

The defender communicate to catch or retrieve every pass.



Defender D Thrower T Ball ●

### ! Safety

Define the area appropriate for the number of players.

### 🎯 Coaching Tips

Challenge the defenders to think about a starting position (set up) that would allow them to cover the most space.

### ↻ Change It

Down: The ball should be passed into space near to the defenders.

Up: The thrower passes the ball with increased speed and strength.

### ? Questions

What words and calls did you use to communicate with each other?

## Throw and Go

### Objective

To practice passing over distance.

### Equipment/Area

A full netball court or suitable training space.

Size 4 netball (or equivalent).

Cones or markers.

### Group Management

Set up teams of four to eight players – half on each side on the designated space.

The ball is thrown from behind the line to a team mate across the other side.

After passing the ball successfully the thrower runs through to the other side.

If the pass is not caught the thrower retrieves the ball or the intended receiver retrieves the ball and passes it back to be thrown again.

### ! Safety

Define the area appropriate for the number of players and ensure adequate space between groups.

Reinforce the importance of keeping head and eyes up to ensure awareness of teammates movements when retrieving passes.

### 🎯 Coaching Tips

Reinforce the use of the one handed shoulder pass.

Ensure opposite arm and leg action.

### ↻ Change It

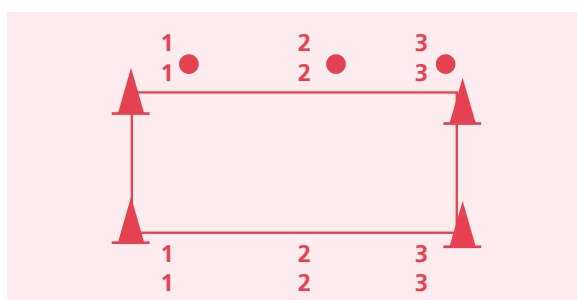
Down: Reduce the throwing distance.

Up: Increase the throwing distance.

Introduce a competition.

### ? Questions

Where did you aim to ensure you pass made it to your team mate?



Team1 1 Team2 2 Team3 3 Ball ●

## NetSetGO Game

### Objective

To practice netball skills in a modified NetSetGO match.

### Equipment/Area

A full netball court or suitable playing area.

Modified goalposts.

Size 4 netball (or equivalent).

2 sets of bibs.

### Group Management

Two even teams.

### Description

Play a modified game.

Revise basic baseline throw ins for defenders and attackers.

### ! Safety

Define the area appropriate for the number of players.

### 🕒 Coaching Tips

Give the players time to.

### ↔ Change It

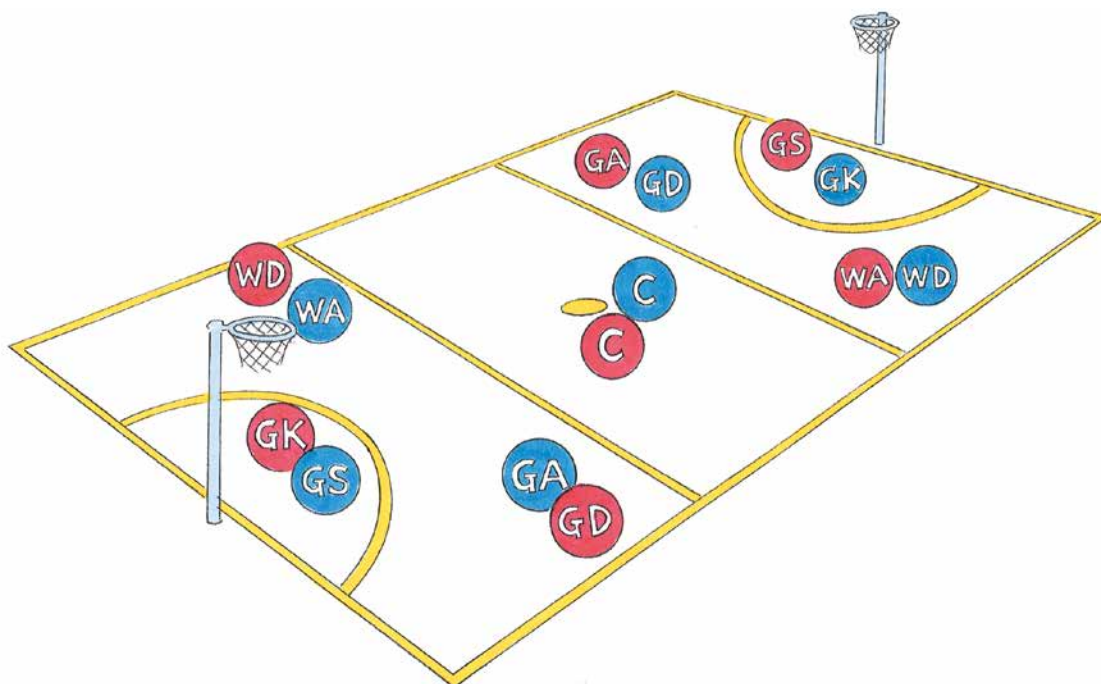
Down: Ask the defenders to help out and allow the attackers to set up their centre pass strategy

Allow time for the defenders to set up to force the opposition wide

### ? Questions

What skills did you use in attack to create a clear option?

What skills did you use to shadow your opponent in defence?



## Concluding Activity

### Objective

To reinforce on skills and challenges in the session.

### Description

Discuss activities and skills covered during the session.

Give feedback to individual players and discuss engagement and enjoyment levels.

### Questions

What was the most effective set up for the centre pass?

What ways did you communicate so you knew who would be the first option at the centre pass?

### Stretch!

Walk through some slow lengths of the court and select appropriate activities from the Stretch Coaching resource.

### Coach Tip

Well Done!

Thanks for coaching



# Coaching Points

## Footwork, Balance and Movement Skills

### Initial Stance

Forms the starting point for most attacking and defending skills.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Feet shoulder-width apart</li> <li>✓ Shoulders back and down</li> <li>✓ Knees slightly flexed</li> <li>✓ Knees over toes</li> <li>✓ Head up with eyes looking in direction of play</li> <li>✓ Arms relaxed by side of body</li> <li>✓ Centre of gravity is low and over base of support</li> </ul>	<ul style="list-style-type: none"> <li>✗ Base of support too narrow</li> <li>✗ Shoulders forward and leaning inward</li> <li>✗ Knees straight</li> <li>✗ Knees not over toes</li> <li>✗ Head down</li> <li>✗ Arms tensed and away from body</li> <li>✗ Centre of gravity high and not over base of support</li> </ul>

### Safe Landing

When landing on one leg it is important to teach the players which foot they should be landing on.

Teaching Points	Common Errors
<p><b>Two Feet</b></p> <ul style="list-style-type: none"> <li>✓ Land with feet shoulder-width apart to give a firm support base</li> <li>✓ Keep body upright, bend at hips, knees and ankles on impact to cushion landing</li> <li>✓ Continue to bend knees after impact to assist with a balanced soft landing</li> <li>✓ Body weight over both feet with shoulders even and weight on both feet</li> </ul> <p><b>Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✓ If player leads to the left, they should land on the left (outside) foot. If they lead to the right, land on the right foot</li> <li>✓ Body weight over the outside foot with shoulders even and weight on the outside foot</li> <li>✓ Place other foot on the ground quickly to help absorb impact and provide balance</li> </ul>	<p><b>Two Feet</b></p> <ul style="list-style-type: none"> <li>✗ Landing with feet too close together</li> <li>✗ Not continuing to bend knees, ankles and hips on and after impact</li> </ul> <p><b>Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✗ Landing on incorrect foot (inside)</li> <li>✗ Not bending knees, ankles and hips on and after impact and weight on the outside foot to cushion landing</li> <li>✗ Second foot not landing quickly and overbalancing on first</li> <li>✗ One shoulder is dipped – usually same side as landed foot</li> </ul>

## Take-Off

Stride length should be short on take-off.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Arms/legs move in opposition</li><li>✓ Lean body forward</li><li>✓ Start with small steps and gradually move to bigger steps</li><li>✓ Arms drive forward in relaxed style, elbows bent</li><li>✓ Keep head erect and eyes up</li><li>✓ If leading to the right, take off with the right foot and vice versa</li></ul>	<ul style="list-style-type: none"><li>✗ Initial step back before driving forward</li><li>✗ Same arm and same leg</li><li>✗ Arms at side of body not driving or swinging across the body</li><li>✗ Stride length too big</li><li>✗ Eyes looking down</li></ul>

## Jumping and Leaping

Whether the take off for a high ball is made from one foot or two will largely depend on where the ball is placed.

Teaching Points	Common Errors
<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> <li>✓ Use both arms to drive up to extend towards the ball</li> <li>✓ Land on both feet, cushioning landing by bending at knees, hips and ankles</li> </ul> <p><b>One Foot Leap – Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Push strongly off take-off foot</li> <li>✓ Drive arms up to extend towards ball</li> <li>✓ Land on the foot away from the thrower, cushioning the land by bending at knees, hips and ankles</li> </ul> <p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> <li>✓ Use both arms to drive up to extend towards the ball</li> <li>✓ Land on both feet, cushioning landing by bending at knees, hips and ankles</li> </ul> <p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>✓ Bend slightly at the knees, hips and ankle, weight forward over toes</li> <li>✓ Step into take off with a quick left/right or right/left step pattern</li> </ul>	<p><b>Two Foot Jump</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Extra step not taken so only a one-foot take off used</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on one foot</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>One Foot Leap – Right / Left Foot</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on incorrect foot (inside foot)</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>Hopping</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take off</li> <li>✗ Knee straight before take off</li> <li>✗ Arms not used to extend to full height</li> <li>✗ Landing on incorrect foot (inside foot)</li> <li>✗ Timing of jump is incorrect</li> </ul> <p><b>Skipping</b></p> <ul style="list-style-type: none"> <li>✗ Weight back on heels of feet before take-off</li> <li>✗ Knee straight before take-off</li> <li>✗ Pattern of skipping is incorrect</li> </ul>

## Pivot

An outside pivot continues the natural body movement after a player receives a ball at full stretch.

Teaching Points	Common Errors
<p><b>Pivoting must always be on the landing foot</b></p> <ul style="list-style-type: none"><li>✓ Bring weight over grounded foot</li><li>✓ Bend knees slightly</li><li>✓ Turn on ball of the pivot foot, pushing off with the other foot</li><li>✓ Non-grounded foot is lifted and regrounded to maintain balance throughout movement</li><li>✓ Players must be able to turn quickly after receiving a pass and face the play down court</li><li>✓ Keep ball close to body and positioned ready to throw</li></ul> <p><b>Remember:</b></p> <ul style="list-style-type: none"><li>✓ When leading to right, land on right foot and pivot to right</li><li>✓ When leading to left, land on left foot and pivot to left</li><li>✓ When leading straight, pivot on first landed foot away from defended side</li></ul>	<ul style="list-style-type: none"><li>✗ Landing on incorrect foot</li><li>✗ Pivoting before the ball is securely caught</li><li>✗ Pivoting into opponent</li><li>✗ Dragging the pivoting foot on the pivot action</li><li>✗ Pivoting with the leg straight</li><li>✗ Weight not over grounded foot</li><li>✗ Grounded foot is lifted and regrounded during pivot</li><li>✗ Weight of grounded foot is moved from heel to toe during pivot</li><li>✗ Ball not brought into body after catch</li></ul>

## Ball Skills

### Catch

Encourage players to catch with two hands to increase control.

Teaching Points	Common Errors
<p><b>Two-Hand Catch</b></p> <ul style="list-style-type: none"> <li>✓ Eyes on the ball</li> <li>✓ Move towards the ball</li> <li>✓ Extend hands forward with fingers spread and thumbs behind the ball ('W' formation)</li> <li>✓ Extend arms to meet and snatch ball towards the body and control it with fingers and thumbs</li> </ul>	<p><b>Two-Hand Catch</b></p> <ul style="list-style-type: none"> <li>✗ Eyes not on the ball</li> <li>✗ Catching with the palms of the hand</li> <li>✗ Thumbs not behind ball</li> <li>✗ Arms bent and close to body</li> <li>✗ Not taking the ball while on the move</li> <li>✗ Movement away from the ball</li> </ul>

### Shoulder Pass

One-hand pass used for speed and accuracy over long distances.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Opposite foot to the throwing arm forward</li> <li>✓ Feet shoulder-width apart, with weight on back foot at start of throw</li> <li>✓ Ball held with two hands initially then in one hand with arm back behind the shoulder</li> <li>✓ Arms extended with elbow slightly bent, shoulders turned</li> <li>✓ Fingers spread wide behind the ball</li> <li>✓ Transfer weight forward as throwing arm comes through</li> <li>✓ Follow through throwing arm until almost extended, fingers and wrist extend in the direction of the pass</li> <li>✓ Rotate hips and shoulders towards target</li> <li>✓ Direct pass to space ahead of receiver</li> </ul>	<ul style="list-style-type: none"> <li>✗ Same foot as arm forward</li> <li>✗ Throwing hand resting on shoulder</li> <li>✗ Weight on front foot initially – little with transfer resulting in loss of power</li> <li>✗ No transfer of weight from back foot to front foot</li> <li>✗ Ball held in palm</li> <li>✗ Elbow not bent when taken back</li> <li>✗ No shoulder rotation as ball taken back – stab pass</li> <li>✗ No hip/shoulder rotation as ball comes through</li> <li>✗ Arm taken back too high and the ball travels down on release</li> <li>✗ Hand under ball causing spin on release</li> <li>✗ Pass not directed to space in front of receiver</li> </ul>

### Chest Pass

Pass with two hands from the chest (used for quick, short and accurate passes).

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Stand front on with the ball in two hands at chest height and elbows down</li><li>✓ Spread fingers around the ball with thumbs behind</li><li>✓ Step forward with weight transferred onto front foot as you push the ball with wrist and fingers</li><li>✓ Ball comes out evenly from both hands</li><li>✓ Head up, eyes looking forward</li></ul>	<ul style="list-style-type: none"><li>✗ Elbows at shoulder height</li><li>✗ Hands at the side of the ball with thumbs upward</li><li>✗ No weight transfer, use upper body only</li><li>✗ Ball pushed from palm – lack of touch on pass</li><li>✗ One hand dominates pass</li><li>✗ Head down looking at ball</li></ul>

### Bounce Pass

Used when the thrower is closely defended or when play is crowded, generally over short distances.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Step forward and bend/lunge on opposite leg</li><li>✓ Push ball forward and downward</li><li>✓ Release ball between the hip and knee</li><li>✓ The path of the ball is lower – under the outstretched hands of the defender</li><li>✓ The ball should touch the ground approximately two thirds of the distance to the receiver and reach the intended player about knee height</li></ul>	<ul style="list-style-type: none"><li>✗ Step is across body</li><li>✗ Pass not directed downward</li><li>✗ Ball released at shoulder height</li><li>✗ No weight transfer</li><li>✗ Bounce the ball too close to the thrower</li><li>✗ Bounce the ball too high</li></ul>

## Ball Skills (cont.)

### Lob

A high pass used to lift the ball over the arms of the defending players.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Start movement from the shoulder</li> <li>✓ Short back movement</li> <li>✓ One-handed high release</li> <li>✓ Follow through in direction of pass with wrist/fingers</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ball begins at waist/hip level</li> <li>✗ Large 'back swing' movement</li> <li>✗ Ball released from chest position</li> <li>✗ No follow through, arm action 'stabs' pass</li> </ul>

### Ball Placement

An important aspect of all passes.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Place in front of moving player</li> <li>✓ Receiver to receive at full stretch, in front of defender</li> <li>✓ Into space created by attacker – hold for a bounce or a lob</li> </ul>	<ul style="list-style-type: none"> <li>✗ Pass placed behind or at receiver</li> <li>✗ Pass too high or low</li> <li>✗ Receiver moves off too soon – allowing defender to move into the space created</li> </ul>



# Shooting Skills

## Shooting

Predominantly a one-handed shot with the other hand resting on the side of the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Ball is held above the head</li> <li>✓ Arms are extended with the shooting arm reasonably straight and close to the ear</li> <li>✓ Ball rests on the base of the spread fingers and the thumb</li> <li>✓ The opposite hand is placed on the side of the ball to steady it</li> <li>✓ Stand upright with the feet about shoulder-width apart</li> <li>✓ Feet, hips and elbows pointing towards the goalpost</li> <li>✓ Bend elbows and knees</li> <li>✓ Straighten elbows and knees</li> <li>✓ Release the ball just before elbows and knees are straight</li> <li>✓ Flick the ball with the wrist</li> <li>✓ Follow through, arms towards post</li> <li>✓ Straighten fingers pointing them towards the post</li> <li>✓ The ball should travel in an arc towards the post</li> </ul>	<ul style="list-style-type: none"> <li>✗ Ball is behind or in front of head</li> <li>✗ Arm is extended out from ear</li> <li>✗ Fingers not spread wide and the ball sits either flat on the palm or up on the fingertips</li> <li>✗ Opposite hand is placed under the ball</li> <li>✗ Feet too close or too far apart and body is hunched</li> <li>✗ Feet, hips and elbows not aligned with each other and the post</li> <li>✗ Keeping elbows and knees extended and ball dropping behind the head</li> <li>✗ Keeping elbows and knees flexed on the release phase of the shot</li> <li>✗ Releasing ball after elbows and knees are straight</li> <li>✗ Not using any wrist action</li> <li>✗ Arms not following the ball in the direction of release</li> <li>✗ Fingers not pointing in the direction of the ball release</li> <li>✗ The ball travels flat in the air</li> </ul>

## Attacking Skills

### Timing of Lead

An important aspect of all attacking moves.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Reading cues from the thrower</li> <li>✓ Reading available space</li> </ul>	<ul style="list-style-type: none"> <li>✗ Moving too early before thrower is ready to release</li> <li>✗ Driving into space already taken</li> </ul>

### Straight Lead

Timing is key for successful execution.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle to the free side</li> <li>✓ When the lead is to the right, take off with the right leg and vice versa</li> <li>✓ Emphasis should be on strong first 3–4 steps with shoulders in direction of lead</li> <li>✓ When leading to the right, land on the right foot and pivot to the right</li> <li>✓ When leading to the left, land on the left foot and pivot to the left</li> <li>✓ Strong arms to accelerate</li> <li>✓ Maintain speed onto ball</li> </ul>	<ul style="list-style-type: none"> <li>✗ Leading too soon</li> <li>✗ Step back before drive forward or taking off with the incorrect leg</li> <li>✗ Run with body 'flat' to ball</li> <li>✗ Arms swing across body or not at all</li> <li>✗ Lead is to the side but not towards the ball</li> <li>✗ Slow down before the pass is taken</li> <li>✗ Landing on the inside leg</li> </ul>

## Single Dodge

Movements should be quick and decisive.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Eyes on thrower</li><li>✓ Body upright, feet shoulder-width apart, slightly bent knees and hips</li><li>✓ Move a few steps away from the intended catching position (should be a definite move)</li><li>✓ Place outside foot strongly on ground and push off in the opposite direction, turning hips to face towards direction of travel</li><li>✓ Use arms to accelerate and extend to receive ball</li></ul>	<ul style="list-style-type: none"><li>✗ Feet too far apart</li><li>✗ No weight transfer onto outside foot</li><li>✗ Push off on the inside foot</li><li>✗ Dodge not a definite movement, just a sway</li><li>✗ Movement too slow, allowing defender to hold attacker's position</li><li>✗ Moving head and losing sight of thrower</li><li>✗ Eyes and head looking down</li><li>✗ Arms beside body and not using to increase power</li></ul>

## Change of Direction (Two Straight Leads)

First movement is longer than that used in a single dodge.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Sprint strongly to the ball, either directly forward or diagonally at a 45-degree angle. Shoulders should be in direction of movement</li><li>✓ Emphasis should be on strong first 3–4 steps</li><li>✓ Push off strongly on outside foot and use inside foot as take-off foot to move into a new space</li><li>✓ Emphasis again on strong first steps when moving to the new space</li></ul>	<ul style="list-style-type: none"><li>✗ Leading too soon</li><li>✗ Shoulders not turned in direction of lead</li><li>✗ Push off on the inside foot</li><li>✗ Movement onto second move not definite</li><li>✗ Not changing direction into a free space</li><li>✗ Arms beside body and not using to increase power</li><li>✗ Eyes and head looking down</li></ul>

## Defence Skills

### One on One Shadowing

Basic defending position.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Stand in front of opponent with back to attacker and body halfway across opponent's body</li> <li>✓ Arms close to sides of body</li> <li>✓ Feet shoulder-width apart, knees bent, weight slightly forward over toes and back upright</li> <li>✓ Vision to see attacker and the ball</li> <li>✓ Shadow moves using fast small steps</li> <li>✓ Aim to move feet, keep head up and maintain vision of the attacker and not swing head</li> </ul>	<ul style="list-style-type: none"> <li>✗ Standing directly in front of attacker or directly beside attacker</li> <li>✗ Watching either the ball or the attacker exclusively</li> <li>✗ Bottom is not tucked in and legs straight</li> <li>✗ Feet too close together or too far apart</li> <li>✗ Arms positioned out from the body causing obstruction</li> <li>✗ Moving head and not feet to maintain vision on attacker</li> </ul>

### Interception

Reading the pattern of play allows the defender to predict the most likely passing option.

Teaching Points	Common Errors
<ul style="list-style-type: none"> <li>✓ Read cues provided by thrower to anticipate direction of pass</li> <li>✓ Drive for an intercept at an angle</li> <li>✓ Focus on ball</li> <li>✓ Emphasis should be on strong first 3–4 steps</li> <li>✓ Run through to take the ball</li> <li>✓ Land on the outside foot and balance</li> </ul>	<ul style="list-style-type: none"> <li>✗ Misreading the cues</li> <li>✗ Leading too soon</li> <li>✗ Angle too flat</li> <li>✗ Eyes and head looking forward</li> <li>✗ Push off on the inside foot</li> <li>✗ Lunging at the ball</li> <li>✗ Landing on incorrect foot and overbalancing</li> </ul>

### Recovery to 0.9m (3 feet) for Netball and 1.2m (4 feet) for NetSetGO

Quick recovery enables the defender to position to defend the next pass.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Push off strongly 0.9m distance (1.2m for NetSetGO)</li><li>✓ Strong stride/jump back – can be one large stride or a few quick steps</li><li>✓ Use arms for power to jump back</li><li>✓ Head up with eyes on ball and opponent</li></ul>	<ul style="list-style-type: none"><li>✗ Push off not quick enough to get back to distance</li><li>✗ Feet too wide or too close together – difficult to change direction</li><li>✗ Eyes on ground – attempting to judge distance</li></ul>

### Hands Over Ball (NetSetGO Distance is 1.2m)

Balance should be maintained ready to defend the attacker after they release the ball.

Teaching Points	Common Errors
<ul style="list-style-type: none"><li>✓ Stand 0.9m in front of the person throwing (1.2m for NetSetGO)</li><li>✓ Feet shoulder-width apart, knees, hips and ankles slightly bent</li><li>✓ Weight balanced over two feet with knees over toes and entire foot on ground</li><li>✓ Arms up and in position over the ball</li></ul>	<ul style="list-style-type: none"><li>✗ Incorrect distance</li><li>✗ Hands coming up before correct distance is taken</li><li>✗ Feet narrow/legs straight/on toes – lose balance and shorten distance</li><li>✗ Bend forward too much at waist</li><li>✗ Arms waving and not defending ball</li></ul>

### **Disclaimer**

The NetSetGO resources have been designed for use with participants aged 5–10 years. Each session assumes that each participant is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. A participant should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity. Where there are any queries or concerns about such matters, the consent of the participant's parent or guardian should be obtained before allowing participation. While care has been taken in the preparation of these sessions, the publisher and authors do not accept any liability arising from the use of the resources, including, without limitation, from any activities described within the sessions.

### **Copyright**

The Netball Australia and NetSetGO logo and other intellectual property contained in this resource are protected by national and international laws and conventions on Trademarks and Copyright.

All reproductions, even partial, and any use of Netball Australia intellectual property is not permitted without prior written approval.

Unless otherwise specified, all images are the property of Netball Australia.

### **For general enquiries**

Email: [NetSetGO@netball.com.au](mailto:NetSetGO@netball.com.au)

[play.netball.com.au](http://play.netball.com.au)





Netball Australia  
191 Johnston Street, Fitzroy VIC 3065  
[www.netball.com.au](http://www.netball.com.au)